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County suffers salt shortage

By JAMES COOK
Times Editor

The winter has been tough so far, especially for the county road crews. Over the weekend Powell County ran out of salt to treat the roads. That left Powell County Judge Executive James Anderson between a rock and a hard place. So he chose the rock.

"I had hoped we could skate by until the new shipment of salt could arrive on Tuesday. But then we got hit again last night and this morning," Anderson said Monday morning. "So we are scrapping the road and using gravel to try to help."

Anderson said that many counties are in similar situations as the month long winter blast has been relentless. A shipment was due to make it to the county Tuesday.

Meanwhile people like Karen Branham are still struggling. Branham told the Times that her and her husband, who live in the Cottage Furnace and Harts Orchard area, have gone as much as 48 hours without electricity and have no home telephone service. All of this came after last week's ice storm, however the conditions are persisting.

On Monday Branham said that her family had some difficulties over the weekend. "We were able to come off the hill on Saturday, but can't get back up," she said. "My husband tried today and the van went off the road and practically over the hill. We're an older couple and I've had a knee replacement, this makes it hard on us. Luckily I do have some propane to use for heat. I just wish we could get my home back on and be able to get up the hill."

Anderson is hopeful that winter will ease its grip on the county. "I'm hoping this salt shipment we are getting in can last us the rest of this winter," he said. "It's been a rough one. But we are trying to do the best we can."

Times Photo by James Cook

Members of the Powell Community Foundation which met last week to vote to join the Bluegrass Foundation were: (l to r) Bill Cress, Mike Sparks, Jerlene Rose, Joe Bowen, Janice Odom, Elihue Shepherd and Dee Cooper.

Community Foundation helps others help their community

By JAMES COOK
Times Editor

There are people who spend most of their lives trying to help their neighbors and friends. They donate to projects and attempt to make Powell County a better place. There are many others who want to but may not know how they can.

Often times those who want to help continue their path until they take their final steps. But then what? Does their ability to help have to end? Not really.

Thanks to the Powell County Community Foundation people who want to help or want to leave something behind to continue helping can do just that.

The group has been meeting for about six months and has finally reached a point to where they are ready to assist those who want to help their community. The foundation is made up of a 15-member board to oversee the huge project.

But what will the foundation actually do?

They have already been at work. A grant obtained by them helped to fund the Stanton Fire Department's Junior Firefighters Program. Those teens were taught about fire fighting, first-aid and CPR. One of them used the CPR to help save their aunt's life.

"About six months ago there was a grant available from the Appalachian Regional Philanthropic Initiative (ARPI) and they did a transfer of wealth study," Janice Odom, a driving force and newly elected chairperson of the foundation, said at a meeting last week. "It was noted that there was a mass exodus of wealth leaving Powell County and other counties in eastern Kentucky as well."

That "mass exodus" came from careers that have led to some people relocating from their home county. It is even evident in the deaths of Powell Countians who left money to their kids because they did not know how to leave some of it to continue projects they cared for in the county.

"If they had known they may have left some to the county and the study used the amount of maybe five percent," Odom told the board members who were present. "It is quite a sum. Over 10 years the study indicates that Powell County has lost about $5.88 million."

With a foundation in place people could possibly plan to leave some of their estate to help projects here. "We may have famous sons, people who leave the county and do good, who want to give back to the community but are not sure how to," Odom noted.

The community foundation does not just help those who have done well and moved on or wanted to leave money when they departed fulfill a wish, it can help anyone who wants to donate money to worthwhile projects.

See FUND, A5

School transportation director has close call

By JAMES COOK
Times Editor

Some people really get into their jobs. That may be by choice or it just happens. Powell County School Transportation Director Earnie Smallwood had it happen both ways last Wednesday morning.

Smallwood's Chevrolet Blazer was struck by a falling tree limb on Furnace Road as he was checking to see if there could be school. The limb busted out a sunroof, broke the luggage rack on top and showered Smallwood with glass. Luckily he was not seriously injured, suffering only some minor cuts.

"I was checking the roads and went to Clay City. There was no water on the roads there, so I figured with the ice reports I needed to check Furnace," Smallwood said. "As soon as I got to the top of the mountain you could see the ice in the trees and the road was quite slick."

Smallwood said he decided to go on and travel Furnace and after about two miles he realized the situation was bad.

"I heard something like a bomb going off and there was glass everywhere," he

See SCHOOL, A2

Local pharmacy competing to help patients

By JAMES COOK
Times Editor

Despite what leaders in Washington, D.C. say, if you have had to purchase any prescriptions in the past few months then you know the cold, hard facts. The facts are that the cost of many medications has skyrocketed. There are some big name stores that seem to be able to provide generic medications at a low rate, but what about those who go to a small town pharmacy?

Well, one local pharmacy is ready to help local residents.

Stanton Drugs, located on East College Avenue, is now offering a special program for many of their generic maintenance medications. Since places like Wal-Mart and Kroger have what they call "$4 Programs" for generics, Stanton Drugs and pharmacist Gregory Sanders is offering a deal.

"We have some medications they don't have on their programs," Sanders said.

With over 80 medications and dosage levels Stanton Drugs is trying to not only compete with the bigger chains, but to help local residents have affordable medications. As an example they offer generic Lipitor at four different doses ranging from $10 for a 30 day,10 milligram dose to a 30 day, 80 milligram dose for $20. Other medications like generic Plavix, 75 milligram dose for 30 days is $19; or generic Prilosec runs from $12 for a 30 of the 20 milligram capsules to $18 for the 40 milligram capsules.

The list also includes the generic forms of Zoloft, Zyrtec, Topamax, Cozaar, Z-Pack and many others. The prices for up to 60 doses range from $6 to $47, based on what the medication is and how many you are prescribed.

"It's hard for the little guy to compete with the Wal-Marts and Kroger's and still help out the patients," Sanders said about the new program. "Competition, price wise on average, they are selling some of the medications so cheap. Independent pharmacies can't do that."

Sanders said that the FDA's cutoff of foreign suppliers for many generic drugs has caused

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Jobs: Heritage Millworks to open plant in Clay City

Heritage Millworks, LLC, a lumber remanufacturing company, plans to begin production next week at the existing Red River Hardwoods facilities in Clay City.

The family-owned and operated company will produce solid wood moldings and millwork products to be sold throughout North America.

According to James Thornberry, owner of Heritage Millworks, Powell County was the perfect choice for this business. The existing facilities provided some of the needed infrastructure and equipment required for start-up, the location is close to major highways for shipping and receiving and the local workforce is skilled and experienced in the industry, he said.

That skilled workforce will be central to the company's success, Thornberry said. "We view our employees as our second family," he said. "We believe that if we take care of our team, they will take care of the company."

"I think this family-oriented business will be a wonderful addition to the Clay City community and I'm happy the experienced millworkers in our area will be able to put their skills to work again," Sen. Albert Robinson, R-London, said.

Thornberry said the company will initially employ 40 people and plans to more than triple their workforce in coming years.

Heritage Millworks has been approved for $2.5 million in tax incentives through the Cabinet for Economic Development Kentucky Business Investment Program. These incentives will support our aggressive growth strategy and will allow reinvestment back into the company, Thornberry said.

He credited local community leaders with offering vital support in establishing the company in Clay City. "It's obvious the Powell County Industrial Development Authority, Rep. Henderson, Sen. Robinson and other leaders are committed to bringing business to their county. They have the right attitude and put in a lot of effort to help bring Heritage Millworks here," Thornberry said.

"I commend the Powell County Industrial Development Authority for their work with Heritage Millworks. I think this company will thrive in Clay City and provide many good jobs in the county. I look forward to continuing to work with community and business leaders to bring even more jobs to the area," Rep. Richard Henderson, D-Mt Sterling, said

Times Photo by James Cook

Last Thursday seven members of the group "Kentuckians for the Commonwealth" marched through Powell County on their way to Frankfort. Their goal is to bring more attention to trying to stop mountaintop removal mining and pushing for more underground mining, while their are still coal supplies left. They say it is better for the environment, provides more jobs and they also push for a more sustainable fuel source for the future. They started their walk in Prestonsburg and was seen here on Highway 15 just before the area known as Kennon Stretch, heading into Clay City.

Several plead guilty in court cases

By JAMES COOK
Times Editor

After a tense opening to the criminal court docket last Wednesday, following several requests for furloughs and exceptions from attorneys. Powell Circuit Judge Frank Fletcher listened as several cases played out in court. Several people pled guilty to charges and accepted deals. Included in those pleas were a manufacturing meth suspect and a rape suspect.

Elijah Herald had been charged last summer with manufacturing methamphetamines and was facing a possible 10 to 20 year sentence if convicted. However, Herald entered into an Alford Plea, which states that he does not admit guilt but there could be enough evidence to possibly implicate him.

Under the plea deal Herald's charge was amended to possession of a meth precursor, which holds a one to five year sentence. Various household chemicals can fall into that category. Herald was sentenced to three years which will be probated for five years. He was released and received his final sentence last week.

Meanwhile Branden C. Snyder agreed to a plea deal following what Commonwealth Attorney Darrell Herald called some "long negotiations." The case had been sent to mediation.

Snyder, 19, was charged with second degree rape and second degree sodomy after allegedly having sex with a 12 year old girl last February. Under the plea deal the charges were amended to two counts of wanton endangerment second degree. Snyder was sentenced to five years on each count to run consecutively for a total of 10 years.

Snyder had been out on bond but was taken into custody during the hearing. He is set to be sentenced on March 5. He will be eligible for parole.

In two drug related cases both Vicky Wilfong and Greg Conley pled guilty to trafficking charges. Wilfong pled guilty and was sentenced to four years for selling four oxycodones. Conley was sentenced to 10 years for four counts of trafficking in a controlled substance. He will be eligible for parole after serving about 20 percent of the sentence.

HELP

Continued from A1

the price hikes many patients have noticed. "There is a simple cream that we used to be able to give patients for just a couple of bucks for a couple of ounces, but now it's over $100 for a couple of ounces," he added.

With Obamacare Sanders has seen an influx of new patients who now qualify for insurance and Medicaid has new guidelines that help people qualify. The store wants to make sure they can help as many people as possible.

The independent pharmacies have run into some "challenging time" according to Sanders. Mail order prescriptions offer multi-month medications at low prices, plus the competition from the bigger stores had made it rough. Chain stores have warehouse reportedly loaded with medications they have purchased directly from pharmaceutical companies, while local pharmacies have to go through a middle man.

But Sanders and his co-worker, Dovie Knox, believe that many people still want to get their medicines locally. "Its better service with an independent pharmacy," Knox said. "There is more of a one-on-one service and people like that."

Stanton Drugs is owned by Steve Whitaker, who also owns pharmacies in Mt. Sterling, Campton and in Bath County. Many people may believe that since Stanton Drugs in next to the Casa San Pio Clinic that they are affiliated with them. But they are not.

"We are just trying to help each other out," Sanders said. "We can special order medications if we don't have it and we have next day delivery."

The store is open Monday though Friday 9 a.m. to 5 p.m. and has a convenient drive-thru. Sanders Knox believes that more special offers could be in the works. For more information on the plan call 663-8990.

SCHOOLS

Continued from A1

said. "I went down a little further and saw a tree blocking the roadway completely. So I got out and a limb had fallen on my Blazer."

Smallwood slowly turned his vehicle around on the icy roads and made his way back to the school bus garage. He then went to the Powell County EMS Building to be looked at by paramedics and EMT's. "I rubbed my nose and noticed some blood, so I figured I'd let them look at it," he said.

The story traveled quickly and some accounts had him just about to die. Smallwood laughed at that notion, but he knows it was a serious thing. "They say God watches over the crazy and the children," he laughed. "It don't matter which category you put me in He was watching over me."

Of course, there was no school for the rest of the week due to icy conditions on some back roads and at some of the bus turn-arounds.

Smallwood was back at work and checking roads by the end of the week.

For an in-depth look at all the news, sports and local happenings, stick with a source Powell County has trusted for over 100 years.
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Powell County's Retired Teachers honor Kelly Bloom

When the retired teachers met in January, they had a special guest. Kelly Bloom, 5th grade student at Clay City Elementary, who was the county winner of the essay contest, entitled "Why my grandparent should be Grandparent of the Year".

In this picture are the retired teachers present and their guests. On the front row are Kelly in the center, to her right is her grandmother Betty Bloom, better known as "Mee-Maw," and to her left is mother Nikki Rogers. Directly behind Kelly is her sister, Tori Bloom, and to her right is Kelly's teacher, Melinda Richardson. Congratulations Kelly!

Share your good news in the Times!

Walters honored for 50 years of service to the local DAR

Photo by Cebert Gilbert

Nora Lee Walters was honored recently for serving with the Red River Valley Chapter of the Daughters of the American Revolution. Walters has been a driving force and spokesperson when it comes to honoring veterans and taking care of the grave sites of veterans in Powell County for 50 years. We at the Times want to congratulate her and offer our accolades as well.

KSP kick off safe driving program: Operation R.A.I.D

Kentucky State Police kicks off an enforcement campaign called Operation R.A.I.D. (Remove Aggressive, Impaired and Distracted drivers from Kentucky Roadways). The effort was developed by KSP Commanders across the state to target driving behaviors that cause most crashes in Kentucky. Operation R.A.I.D. began February 1, 2014 and runs through February 16, 2014.

KSP Director of Operations, Lieutenant Colonel Jack Miniard says the unique aspect about Operation R.A.I.D. is that although it will have the same objectives, each post will have a different operational plan based on crash activity in that region.

"Many times, law enforcement will participate in a blanket campaign that may or may not work well in certain areas," says Miniard. "Operation R.A.I.D. allows each post to identify targeted areas based on real time crash data and mapping systems for more effective results."

Miniard says the campaign will have both an enforcement and educational component to assist in getting the message out to motorists.

"We will have more visible enforcement in crash corridors, more roving patrols and an increase in safety checkpoints across the state," adds Miniard. "Posts will utilize best practices for which they have had the most success and combine current crash data to identify targeted enforcement zones."

"Each post will be challenged to utilize their Public Affairs Officer's as an outreach tool to the community," says Miniard. "Through media and education we can get our message out while providing the public with safe driving resources."

Miniard says the campaign focus is reducing loss of life on Kentucky highways.

"This program is not about writing tickets, it is about enforcing traffic laws and bringing awareness to dangerous driving behaviors that cause crashes," adds Miniard.

The National Highway Traffic Safety Administration (NHTSA) defines aggressive driving as occurring when "an individual commits a combination of moving traffic offenses so as to endanger other persons or property."

NHTSA studies show that aggressive drivers cause two-thirds of all fatal crashes and 35 percent of all crashes.

For more information about Operation R.A.I.D. in your area, please contact your local post or call the KSP Public Affairs Branch at (502) 782-1780.

STANTON SUCCESS STORY

Front Row L to R; Kris Wells, PTA ; Helen C. Stone; Steven Wilson, COTA Back Row: Tammy Rose, Director of Rehab/OTR/L; Beth Sloan, SLP

Meet Helen Stone, Stanton Nursing and Rehabilitation's most recent Success! Mrs. Stone is no stranger to hard work and dedication. We had the privilege of meeting her rehabilitation needs in 2010 with great success where she was able to return home. Helen decided to return to Stanton for her rehabilitation needs after she fell at home, resulting in a hip fracture. When Mrs. Stone was admitted for rehab services from Marcum Wallace Memorial Hospital , she was non-ambulatory and maximum assist with her activities of daily living. However, with determination, encouragement from family, and assistance of nursing - rehabilitation department, she is now able to complete her daily care task with minimal assist. Mrs. Stone was non-ambulatory after her fall but is now able to walk approximately 200 feet with her walker. She has met her inpatient rehabilitation goals and will be returning to her residence in Irvine , Kentucky .

Mrs. Stone is original from Long Island , NY but has called Kentucky home for the last 45 years. She has 7 children, 8 grandchildren and 1 great grandchild. Helen states, "It has been a pleasant experience and everyone is nice. If I ever need rehab services again and Stanton has room, I would come back." Congratulations Helen on your accomplishment and thank you for allowing us to help bridge your health care needs from hospital to home.

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I'm Just Saying . . . Valentine's Day is here. How do you express your love?

JAMES COOK
Times Editor

Valentine's Day.

The day of love. It is also the perfect day to propose or even get married.

It is a day set aside for love. And aside from my two loves, who will be getting something special this year (yes the same as last year, but it comes from the heart), I also love the side affects of the special day.

Chocolate candy.

Oh yeah, and the sales that go on for days afterward as I can get my hands on those marshmallow chocolate hearts, ummm, umm - but I digress.

The day envisions a feeling of love and being with those we love. Sometimes circumstances may stop us from physically being there, but they are forever in our hearts and mind.

Why does the day capture us so much?

Maybe it is because regardless of what you may tell your friends, we all want to be loved. And to be loved we have to let down our guard and love someone. When you are willing to do that, love can fill your heart and the Lifetime Movie Channel apparently.

Once again I will digress.

We oftentimes search for love so much and let our guard down so far that if you are not careful you let the wolf in the door, not Cupid. The idea of a diaper wearing matchmaker, though intriguing, is still quite disturbing to me. But once again, I digress.

If we let the wrong person in or we allow someone we love to abuse the situation, often times we may not want to admit we messed up. That is how people get stuck in situations with people they should not be with if for no other reason that it is not healthy for them.

In those cases, fear is substituted for love and the person in fear also fears that if they don't stay where they are, if they don't allow the other person to be in control, then they will go unloved.

They don't want that, so they stay in misery and call it love.

So sad.

Or how about the parent or friend that loves someone in their lives so much they take care of their every need. Even the ones where they should let their loved one work their way throughit.

It is those life lessons that they need, but then we jump in and stop them from learning. And we wonder why they are not working and we are bailing them out well into their 30's.

That's a form of love I guess. But allowing them to grow, learn some hard lessons and watching them work through situations so they can take care of themselves without having to depend on others for everything, that is love too.

That is probably the most efficient form of love. Teach them in the way they should go and when they are old they will not depart from it.

I think I read that some place before.

Helping when they truly need it is much different that helping in every tough situation. When do they get to be grown ups? Who will take care of them after we are gone if they can't do it themselves?

God has a form of love that knows no bounds.

He loves us all no matter what. He helps when we need help and allows us to climb the mountains of life so we can learn how peaceful a quiet time in our life really is.

He is fair and always there, but stern and watchful as we sometimes refuse His love, only to come running back when times get tough.

Maybe if we showed love to everyone, helped those we can and allow our young people a chance to learn as they grow but not always bailing them out but by being there as a morale booster sometimes, not a savior.

Someone else already has that position. All we can do is love them, care for them and let them grow. That is love. Not doing it all for them, not protecting them when they have to face the consequence of their mistakes, but be close at hand as they deal with it.

Much like we did for our kids when they were learning to walk or ride a bike.

Love is not easy.

You may have to say no if you love someone sometimes. But love can be forever and it can be a valuable asset to our lives. That is, if we know what love really is.

I'm just saying . . .

(I just wanted to say that I love all of you, many in the way God wants us to love people. I love some like brothers and sisters and of course I love my wife and daughter with all my heart. But my love for God is unmatched, and so is his love for me & you.

Have a Happy Valentine's Day!)

Guest Column: Tax reform comes up again

By ALBERT ROBINSON
State Senator 21st District

Every year there is a call for tax reform, it seems. Governor Beshear presented a tax reform plan this week. The proposal included 22 items, some of which were sound and rational, and helped business in Kentucky. But the increases on sales tax and services that hit the working class and the poor just are not fair, nor does it make sense in this economy, again unfairly assessing higher taxes on citizens that are already burdened by increasing health costs, insurance costs and federal taxes.

One example of deficiency of this proposal is the taxes raised on services. In my opinion, we should avoid taxes that take more income from struggling families. An example of how this plan hurts working families and those out of work and struggling is the tax increase for car repairs. Those in high income brackets can afford new cars every two or three years. But the folks that this will hit hardest are those that depend on repairs for their vehicles since they cannot just go out and buy a newer car.

So, I am concerned that we are going to have a difficult time finding agreement with this proposal. Maybe our time would be better spent finding more efficient ways to run the government, cutting out waist, and putting funds to good use.

As for legislation, many bills were passed this week by the Senate and now move on to the house. Senate Bill 58 passed, which creates a constitutional amendment proposal to be placed on the ballot that would abolish the office of the state Treasurer. With this measure, Kentucky would save at least $2 million in the first year, and $750,000 in subsequent years. The duties of the office would be absorbed by the Finance Cabinet.

We also passed Senate Bill 1 this week, a bill that would also put a constitutional amendment on the ballot seeking to ensure Legislative review and ability to deny deficient regulations written by the Executive Branch. I spoke in support of the bill on the floor, highlighting the need for coequal powers with the Executive and Judicial Branches.

This week, the Senate also took up bills that affect the health care of Kentuckians. One such measure is Senate Bill 8, requires an ultra-sound for patients seeking an abortion to ensure fully informed consent. This bill passed 35-5 with bipartisan support.

As always, I invite you to visit in Frankfort. Also, check the work of the Senate Majority Caucus on Twitter at @kysenategop, and my FaceBook page, https://www.facebook.com/Senatoralbertrobinson for more information on the legislative schedule and how you can reach me. There you will also find out several different ways to keep up with the work of the legislature.

Senator Albert Robinson (R-London) represents the 21st District comprised of Laurel, Jackson, Estill, Powell, Menifee and Bath counties. He serves on the Banking and Insurance Committee, the State and Local Government Committee, the Transportation Committee, and the Veterans, Military Affairs, and Veterans Committee.

Library planning a great 2014 Summer Reading Program and welcomes those who want to help

Dear Powell County Citizens and Businesses,

The 2013 Summer Reading Program at the Powell County Public Library was a great success and we would like to ask for your help in making the 2014 Summer Reading Program even better. We offer a summer reading program to the children of our community to encourage them to read for pleasure during the summer and to help them retain their reading skills so they read at grade-level when they return to school.

This year's theme is "Fizz, Boom, Read" and is focused on connecting children with science through reading and educational activities. The first week of the summer reading program will be for children in grades 1-3 and the second week of the program will be for grades 4-5. We believe this will allow us to do more age-appropriate activities for the children that are closer to their grade-level.

To add to the fun and to create a sense of challenge that will keep kids reading, we'd like to offer incentives and contest prizes at varies times during the program. Because of our limited budget, we would greatly appreciated your donations to help purchases prizes and supplies for the program.

We appreciate any donation you can make. Donations include new toys or books to give away as prizes, coupons for free food or services, or cash to buy prizes and supplies.

If you can help us in any way, please contact me at the library 606-663-4511. We look forward to making 2014 Summer Reading Program one of the best yet!

With sincere thanks,
Ms. Rose
Children's Librarian

Letters To The Editor

Readers want to express their thanks to those who help

Community Friends need to be thanked

Better late than never.

We want to recognize and thank a wonderful group in Powell County known as Community Friends. On Christmas day they served the most delicious, traditional Christmas meal to anyone who wished to partake. You could eat at the festively decorated school lunchroom, you were free to do takeout and there was even home delivery for shut-ins. What a wonderful gesture.

The Lord is proud of this special group and we are grateful that they not only serve their Lord but represent the best of Powell County.

They have some wonderful cooks too, the meal was absolutely scrumptious. Mark your calendar; on December 25 you want to join the Community Friends at the Clay City Elementary School Cafeteria and enjoy their free gift to all of Powell County, a Christmas meal you'll rave about to your family, friends and neighbors.

Thank you Community Friends,
Joyce Walker, Chase Greif and Shannon Rogers Stanton

Grateful for our firefighters

Letter to the Editor:

Thanks to the Stanton and Clay City Fire Department. They were called to our home on Jan. 20 at 4:30 a.m. If they hadn't been so good at their job we wouldn't have a home. So thanks to all the firefighters, a special thanks to our son Gary Lee and to all our family and friends.

A special thanks to Clean Tide and the Morris Creek Baptist Church. Our hearts were filled with love for all of the support.

Sincerely,
Gary and Vickie Asch

We are developing guidelines for the inevitable political letters we will receive.

Once we have those in place we will publish those here and we ask that all candidates and their supporters follow those guidelines.

Thanks! - JC

Got something to say?
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Please keep it under 300 words and remember it may be edited. Addresses and telephone numbers must accompany all letters. Street addresses and telelphone numbers will not be published. Any letter not signed and does not have the proper information will not be published.
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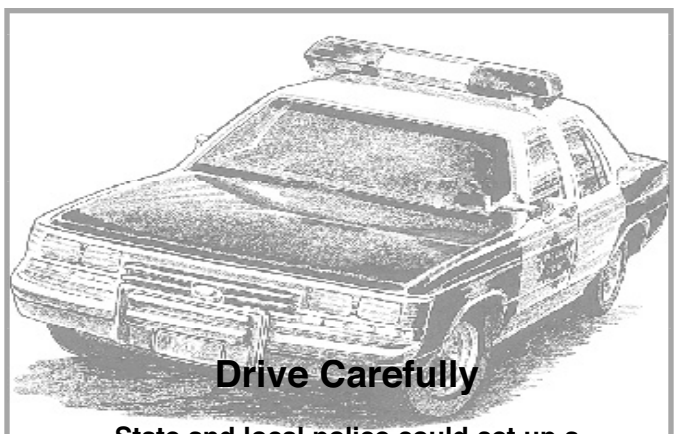

Drive Carefully

State and local police could set up a checkpoint at any time in the county to insure the safety and well-being of all drivers.

The roads are busy so please be careful this Holiday & Weekend.

Drive Safely !

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Ad Composition

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STMS offers tips to seniors on avoiding winter falls

Saint Joseph Mount Sterling, part of KentuckyOne Health, advises the community, especially seniors, to take precautions that will help them avoid slips and falls on ice and snow during the harsh winter months.

Winter brings with it a number of hazards, and falls on snow and ice can lead to injuries that range from scrapes and bruises to broken bones. Fractured ankles and broken hips (especially for people over age 65) are two of the most common injuries that can result from winter weather-related falls.

"No matter how well snow and ice are removed from parking lots and sidewalks, you are bound to encounter some slippery surfaces when walking outdoors in the winter," said Edward Murdock, DO, Medical Director of the Emergency Department at Saint Joseph Mount Sterling. "Following a few commonsense tips can help keep you safe from harm during winter's freezing temperatures."

Geriatrics experts with KentuckyOne Health, the largest health care system in the Commonwealth, share the following tips on how to prevent falls this winter.

• Wear appropriate shoes to increase traction on ice and snow. Rubber or neoprene soles, especially those with plenty of tread, provide much better traction than smooth leather soles and high heels. Avoid the "comfort" shoes with smooth soles that are popular with seniors.

• Plan the best route to your destination ahead of time, and build some extra time into your schedule to get there. Walk on surfaces that have been cleared or treated when possible. Avoid rushing or taking shortcuts through the snow or over icy areas.

• If you have to walk over slippery surfaces, bend your body slightly forward, take shorter strides, or shuffle your feet for better traction and stability. Walk flat-footed with your center of gravity directly over the feet. Slowing down and taking shorter steps will allow you to react to a change in traction more easily.

• Wear gloves to keep your hands warm and out of your pockets for balance.

• Look ahead when you walk. Test potentially slick areas by tapping your foot on them.

• Many falls take place getting in and out of your car. Look around vigilantly to make sure your footing will be clear when you step out of the vehicle.

• Beware of "black ice," which can be impossible to see. It is a transparent, thin coating of glazed ice on surfaces like dark asphalt. Stick to cleared pathways or ones that have been treated with sand or salt.

• At home, use a snow shovel to clear a level pathway from your home to your garage or other areas. Uneven paths covered in snow or thick ice can make you lose your balance.

• It's not just outdoors where the danger lies. Wipe your feet on floor mats when you enter buildings to help remove moisture from your shoes. Wet, slick floors can be as hazardous as the ice outside. Avoid walking on wet or slippery floors or stairs.

Seniors are more likely to sustain broken bones and more serious injuries as a result of winter falls than those who are younger, so it's important to be checked immediately if you do fall on the ice or snow. Contact your primary care physician or visit the closest emergency room.

Just a reminder about snow/ice removal priorities

By now, at least this winter, we should know this already. But just as a reminder, the state has a list of priority roads they take care of in bad weather.

The Kentucky Transportation Cabinet's Department of Highways has established priority routes for snow and ice removal for the upcoming winter season in Powell County.

The Department of Highways is responsible for keeping approximately 149 miles of state-maintained roadway in Powell County passable in inclement weather. It sets snow removal priorities according to the amount and nature of traffic on the routes within each individual county. Priority A routes include major through routes and are those most heavily traveled. Priority B routes include other important, but lesser traveled, routes in the county. Other roads fall into Priority C.

In Powell County, Priority A highways are the Bert T. Combs Mountain Parkway, KY 11, KY 82 and a portion of KY 213.

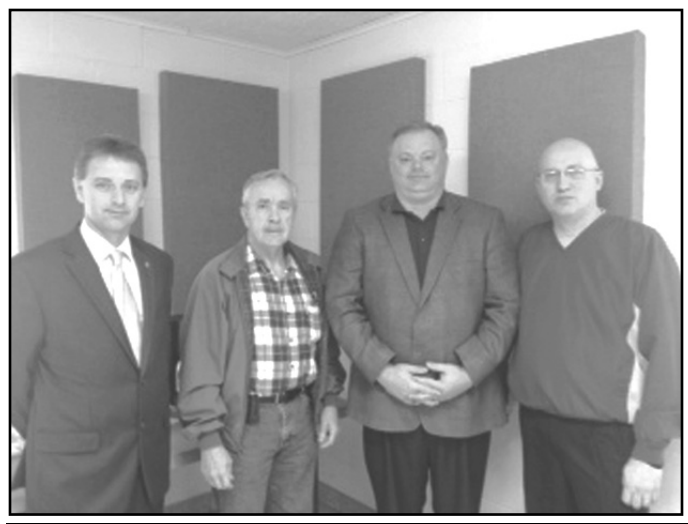
"We have already had an accumulating snow this month, although it didn't impact travel conditions," said Corbett Caudill, chief district engineer for the Department of Highways District 10. "Forecasters are calling for more snow and cold weather for this winter than we've had in years past. The Transportation Cabinet recognizes how important roadway conditions are to Kentucky motorists. We are dedicated to keeping state highways clear and safe for travel. Our snow removal crews will work long, hard hours during the winter to keep our highways passable."

"We ask drivers to be patient during snow removal operations," Caudill added. "Drivers should slow down, keep an eye out for snowplows, and remember to buckle up to ensure their safety. Our crews will work as fast as they can to clear the highways."

Again this year, District 10 will use Twitter and Facebook to provide current, updated reports on road conditions when weather-related emergencies occur. These social media outlets are available on home computers and Internet-enabled smartphones.

"Our use of social media and the Internet continues to grow and evolve," Caudill said, "and we plan to make full use of these services this winter. We urge motorists to check these sources before they leave home to know the status of our highways during winter weather events."

For the latest road conditions in bad weather, motorists may also dial 511 to hear traffic and travel information. Signs have been erected throughout the 10 counties of District 10 to promote the 511 service. Maps showing the snow removal priority routes may be viewed at http://go.usa.gov/gmDe.



PCMA 2014 Officers

Photo by Steven Williams

The Powell County Ministerial Association selected their officers for 2014 at their January meeting. They are (l to r): Dwaine Meadows, Treasurer; Warren Rogers, Secretary; Jonathan Lewis, Vice President; and Anthony Molihan, President.

New carpet installation will have temporary affect on Library

The Powell County Public Library will be having carpet installed beginning on Friday, February 14th. The main portion of the library will be closed during the carpet installation which will last several days. The library intends to provide basic, limited services (copying, faxing, computer/internet access and printing) to the public in the library meeting room during this time as staffing permits. Please call 663-4511 to ensure the library is open to the public before visiting. The library hopes to re-open to the public no later than Wednesday, February 19.

FUND

Continued from A1

"People would be able to donate to a fund and as it grows we would not touch the principal but use the interest for grants for various projects," Odom explained. "Anyone can donate and even earmark their donation for a project. And any organization could apply for a grant, like the Lions Club, Kiwanis and others."

Up until now, as Odom and the board has worked on the foundation, the Powell County Fiscal Court acted as a physical agent for the grant used to do the study. Over the past six months the foundation has been talking with groups like the Bluegrass Community Foundation and with Terri Holly from the East Tennessee Foundation. The discussion centered on either becoming an independent foundation or being affiliated with an existing group.

"The Bluegrass Community Foundation has been courting our community and when you look at the cost of running a foundation and the cost of joining an existing group, it makes sense to join," Odom reported. "Bluegrass will administer the funds at a cost of about one percent and they will support our public relations campaigns. But more importantly we can brand ourselves. We will be under their legal umbrella, but we will still be known as the Powell County Community Foundation."

Odom explained that people could donate to the Bluegrass group and earmark the donations for Powell County. Another advantage would be that if money collected is not earmarked it goes into a discretionary fund and the local group could apply for some of that money for local projects.

"We want people to know we are not a fly-by-night organization. We went into the community and asked for names of people that were trusted and we tried to get them on our board. Some could not due to time restraints." Odom mentioned businessman Ovie Hollon and director of the Industrial Authority Craig Dawson as examples.

One person in attendance at the meeting asked about political figures on the board. "We don't want politicians on the board. They are supportive of our efforts, but we don't want them on the board," vice chairperson of the board, Jerlene Rose, answered. " We don't want to politicize the group."

The board members present voted to join the Bluegrass Community Foundation, based in Lexington. They serve several counties in Central and Eastern Kentucky.

Those who are currently on the board represent business leaders, education and county interests. They are: Darrell Billings (Tanner Dodge Chrysler Jeep), Joe Bowen (Bowen Farm Bed and Breakfast), Dee Cooper (retired teacher), Brenda Crabtree (Chop Chestnut Cabin Rentals, retired principal, training specialist at the Division of Water), Lois Embry (author), Mary Moore (WSKV), Angela Osborne (secretary of Red River Chamber of Commerce), Jerlene Rose (Parkway Publications), Mike Sparks (Powell County Emergency Management), Eugene King (Appalachian Mountain Crafts-T.G. Designs), Janice Odom ({Re}Focus Enterprises), Elihue Shepherd (Clay City Pottery, Property Management), Hon. Sara Walter Combs (Judge, Kentucky Court of Appeals), Bill Cress (retired VP Hinkle Corporation) and Matt Benningfield (retired superintendent Jefferson County Schools).

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Obituaries

Laura Abney, 71

Laura Mae Abney, 71, wife of Shelby Abney of Happy Top Road, Clay City, passed away Sunday, Feb. 9, 2014 at her residence. She was a housewife and a member of The Vaughn's Mill First Church of God.

She is survived by her husband, Shelby Abney of Clay City; four sons, Bill Davidson of Clay City, Dale Davidson of Clay City, Shelby Keith Abney of Lexington and Tyler Eversole of Clay City; one daughter, Michelle Noble (Greg) of Russellville Alabama; 10 grandchildren; five great grandchildren; three brothers, James Lucas of Richmond, Johnny Cooper of Kirby Knob and Ricky Cooper of Stanton; three sisters, Nyoka Smith, Vicky McKinney and Brenda McMurray all of Richmond.

Funeral Services were held Wednesday, Feb. 12 at The Grayson Funeral Home Chapel in Clay City with Bro. Ted Linkous officiating. Burial followed in the Ware Puckett Cemetery. Pallbearers were Dewight Smith, Darrell Slemp, Jimmy Abney, Garney Smith Steve McMurray and Robert McMurray. Grayson Funeral Home is in charge of services.

Wanda Creech, 60

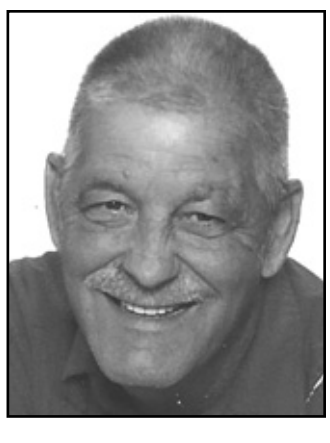
Wanda Creech, 60, wife of Glen Creech, Hardwicks Creek , passed away Sunday, Feb. 9 at St. Joseph Mt. Sterling. She was born Feb. 12, 1953 to the late Harley Miller Stevenson and Karen "Jennie" Garrett Stevenson.

Survivors include, husband, Glen Creech; son, Tony and wife Danielle Eller; daughter, Tina and husband Kevin Maynard; step-son, Jason and wife Julie Creech; step-daughter, Alicia and husband John Bowman; brother, Larry Ray Stevenson; sister, Margaret Faye Ashley; eight grandchildren; and several nieces and nephews.

Services will be held on Thursday, Feb. 13, at 2 p.m. at Davis & Davis Funeral Home, Stanton by Rev. Dale Payne. Visitation is Wednesday after 6 p.m. at the funeral home. Burial in Thacker Cemetery with Jason Creech, John Bowman, Jacob Carroll, Ronnie Ashley, Ricky Roberts, and Jonathon York serving as pallbearers.

Leslie Dunn, 65

Leslie W Dunn, 65, of Stevenson Heights in Winchester, passed away Sunday, Feb. 2, 2014. He was a security guard.

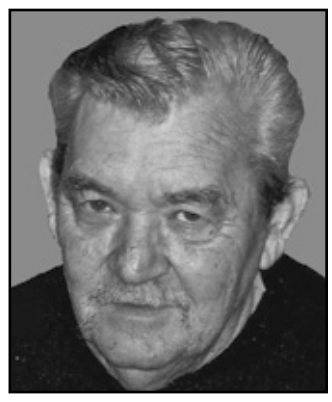


He is survived by two daughters , Leslie Edge (Charles) of Winchester and Elizabeth Rose (Ronald) of Winchester; six grandchildren; two great grandchildren; one brother, Danny Dunn Sr. of Winchester; and four nephews, Danny Dunn Jr., Bill Dunn, Michael Dunn and Curtis Dunn, all of Winchester. He was preceded in death by his parents, Harry and Mary Dunn.

Funeral Services were held Thursday, Feb. 6, 2014 at The Grayson Funeral Home Chapel in Clay City with Bro. Terry Miller officiating. Burial followed in the Adams Family Cemetery in Clark County. Serving as pallbearers were Kenny Finney, Clay Finney, Bill Dunn, Michael Dunn, David Bellamy and William Deaton. Honorary Pallbearers were Ronald Rose, Charles Edge, Donnie Martin and Jamie Deaton. Grayson Funeral Home was in charge of services.

Russell Slemp, 69

Russell Slemp, 69, of Means, formerly of Stanton, died on Friday, Feb. 7, 2014 at University of Kentucky Medical Center, Lexington. Born in Stanton, he was the son of the late Luther and Mamie Pridemore Slemp and he attended the Hatcher's Creek Church of God. He was a retired carpenter with W. H. Hodge Incorporated and he was a former member of the Carpenters Union. In addition to his parents he was also preceded in death by his sister, Joyce Ann Slemp.



He is survived by his wife, Barbara Cole Slemp; one son, Darin (Delia) Slemp of Clay City; one stepson, James (Leilani) Cole of Stanton; five brothers: Ishmael (Ann) Slemp, Bascomb (Barbara) Slemp and Charlie (Darlene) Slemp all of Stanton, Stanley (Ann) Slemp of Jeffersonville and Darrell (Darlene) Slemp of Clay City; two sisters: Virginia Puckett of Jeffersonville and Joanie Covey of Mt. Sterling; two grandchildren, Luther Cape Slemp and Sophia Adison Slemp; three step-grandchildren, Ricky Marsden, Brian Marsden and Kaitlyn Marsden; and special mother-in-law, Lorine Booth.

Funeral services officiated by Bro. Roy Jackson with eulogy by Jesse Rogers was held on Monday, Feb. 10, 2014 at Hearne Funeral Home, Stanton. Interment was in the Slemp Cemetery with Justin Slemp, Eric Slemp, Marvin Slemp, Keith Profitt, Cameron Covey, Kevin Slemp and David Slemp serving as active pallbearers. Honorary pallbearers were Ricky Marsden, Brian Marsden, Kyle Goins, Jared Pence, Tanner Goins, Justin DeWitt and Ryan DeWitt. Arrangements by Hearne Funeral Home, Inc.

Norma J. Sloan, 34

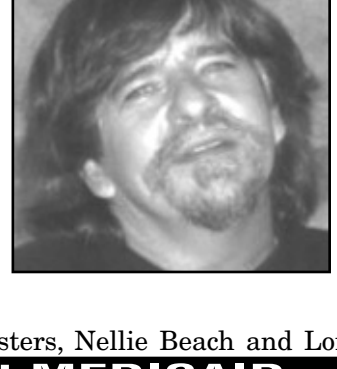
Norma Jean Sloan, 34, wife of David Sloan, passed away Thursday, Feb. 6, 2014 at University of Kentucky Medical Center, Lexington. She was born Aug. 10, 1979 to the late Arvin Lane Jr and Ethel Combs Lane.

Survivors include, husband, David Sloan; mother, Ethel Lane, Georgetown; son, Brandon Wilson; daughter, Lee Ann Wilson; step-son, Nicholas Sloan; step-daughter, Gracie Sloan; brothers, Arvin White Jr and Joey Hensley; and sister, Gina Semones.

Services were held on Monday, Feb. 10, at Davis & Davis Funeral Home, Stanton. Burial was in Kennon Cemetery, Clay City with Joey R. Hensley, Joey L. Hensley, Arvin White, Terry Lee Hatton, Larry Adams, Brandon Wilson, Michael Dingus, and Charlie Reed Semones serving as pallbearers.

Clarence Stamper, 53

*Clarence Randall St*amper, 53, East College Avenue, Stanton, passed away Thursday, Feb. 6, 2014. He was born April 27, 1960 in Clark County to the late Oakley Burton and Elsie Baker Stamper.



Survivors include his daughter, Kara and husband Antonio Hernandez, Texas; son, Randall and wife, Erica Stamper, Irvine; mother of his children, Tina Stamper; life companion, Kym Brock; brothers, Oakley Stamper Jr., Henry Stamper, Harold Stamper, Dale Stamper, Donald Stamper, Ray Stamper, Floyd Stamper, Allen Stamper, Paul Stamper, and Russell Stamper; sisters, Nellie Beach and Lois Beach; grandchildren, Randall and Alex Stamper and Dylan and Vanessa Hernandez. He was preceded in death by his parents.

Services were held on Sunday, Feb. 9, 2014 at Davis & Davis Funeral Home, Stanton.

Wanda Straub, 73

Wanda (Powell) Straub, 73 of Cincinnati, Ohio, passed away on Wednesday, Jan. 29, 2014. Born Feb. 26, 1940 in Powell County, she was the daughter of the late Edith Hall Powell and Lemon Powell.

She is survived by her husband of 54 years, Thomas H. Straub; two daughters, Sonya (Straub) Elbert (Jeff Buck), and Edith (Straub) Miller; and son, the late James H. Straub; grandson Robert M. Shaul and wife Jeni; and three great-grand children, Alexandra, Sophia, Nolan and grandson Thomas R. Straub. Her surviving brothers and sisters include Glenville Powell, Kenneth Powell, Leonard Powell, Minnie Jane (Powell) Fischer, and Barbara Jean (Powell) Steward.

Funeral services were held on Tuesday, Feb. 4 at Davis & Davis Funeral Home, Stanton. Burial was in Tin Town Cemetery, Stanton, with Ronnie Hall, Jerry Hall, Dale Hall, Clayton Rogers, and Billy Hall serving as pallbearers.

Ethel Washabaugh, 95

Ethel Washabaugh, 95, widow of George Washabaugh, passed away Wednesday, Jan. 22, 2014 at the Stanton Nursing Center. She was born June 4, 1918 in Breathitt County to the late Wiley and Lily Pelfrey.

Survivors include her son, Tim and wife, Nancy Washabaugh, Lexington; sisters, Annie Williams, and Norma Jean Dunn; 13 grandchildren; numerous great-grandchildren; and three great great-grandchildren. She was preceded in death by her parents, husband, George Washabaugh; sons, Gary Washabaugh and George Washabaugh III; brothers: Clarence Pelfrey, Harold Pelfrey and John Pelfrey; sisters, Nellie Maines, Ellie Adams, Cara Mae Wallace, Eunice White, Ora Barnett and Hazel Prather. Memorial services are scheduled for her birthday, June 4.

Regina Wyatt, 63

Regina Wyatt, 63 of Calhoun, passed away on Sunday, Feb. 2, 2014 in Redmond Regional Medical Center. Regina was born on June 11, 1950 in Mount Sterling to the late Robert Colonel Begley and Virginia "Momma B" Wells Begley. She was a member of the New Town Baptist Church and has been a resident of Gordon County for 18 years. Prior to retirement she was employed by Favorite Market and Camp Oil.

She was preceded in death by two brothers, Ralph Wayne Begley and Roy James Begley; one sister, Barbara Ann Begley; and a daughter-in-law, Glenda Abney.

She is survived by her husband, Sammy Wyatt of Calhoun; two sons, Keith Abney of Lexington and Jerry Fox and his wife Jessica of Cleveland, TN; one daughter, Melissa Sharp and her husband Dea of Cleveland, TN; two step-daughters, Lisa Flores of Calhoun and Karen Gatlin; one brother, Charles Franklin Begley of Stanton; her twin sister, Arlena Morefield of Liberty, IN; sisters, Robin Flannery of Lexington, Delma Becker of Frankfort and Roberta Tapley of Batavia, OH; seven grandchildren, Keshana Fox, twins Matthew and John Abney, Jared Fox, Brandon Sharp, Marissa Risin and Adam Bradley; special nieces, Tonya McCullough and Christy Morefield; additional nieces and nephews also survive.

Funeral Services were conducted on Wednesday, Feb. 5 at the Chapel of Thomas Funeral Home with the Reverend Walter Hare officiating. Entombment followed in Haven of Rest Cemetery.

Pallbearers serving were Brandon Sharp, Jeff Flannery, Bill McCullough, Dea Sharp, Richard Morefield, Patrick Flores and Eddie Watkins. Honorary Pallbearers were Danny Wilson and Richard Becker.

You may leave the Wyatt family online condolences at www.thomasfuneralhomecalhoun.com. Thomas Funeral Home is in charge of the arrangements.

The Times staff and ownership offer our condolences and prayers to those who have lost loved ones.

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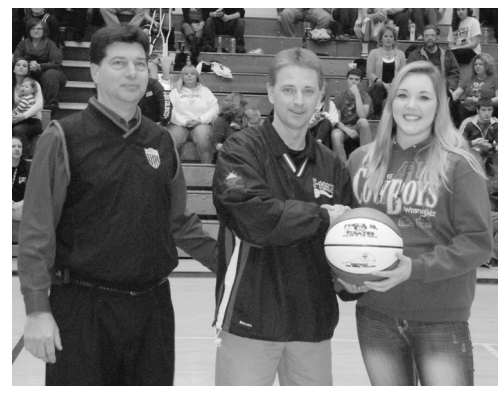

Powell County Player of the Month is Austin Mullins and Destiny Peck. Both are seen with Powell County Athletic Director Monroe Jones and Whitaker Bank of Stanton President Dwaine Meadows.

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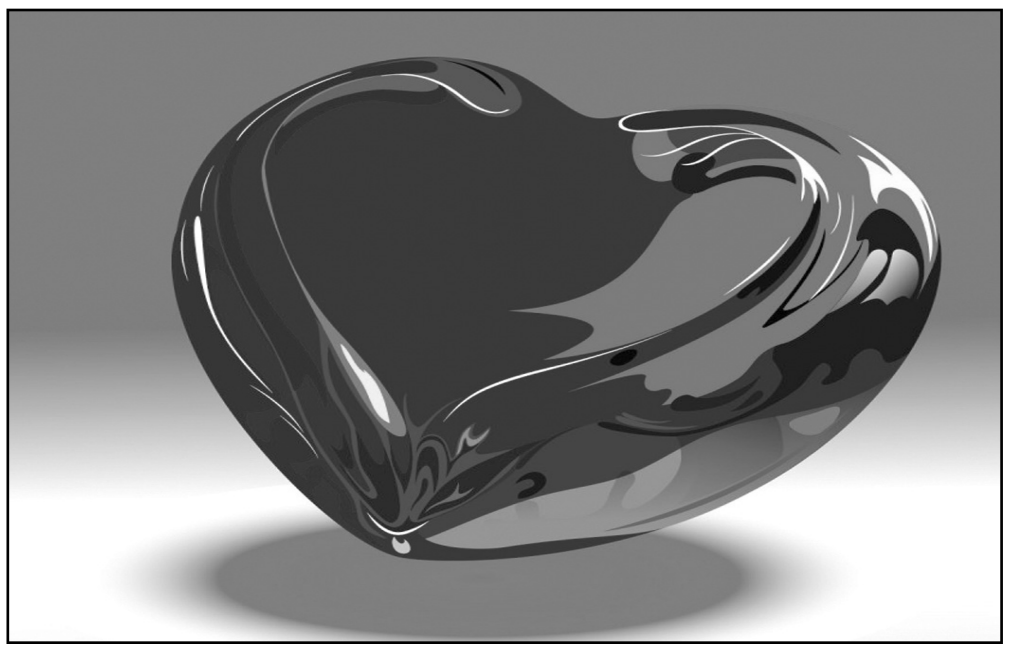
Be my Valentine . . .

By SARAH BLOOM
Times Lifestyle Columnist



Romeo and Juliet, Lucy and Ricky, Fred and Wilma, Adam and Eve… these are just a few well known, though vastly different couples who come to mind when I think about how true love has been spotlighted throughout the ages. Romances of the past intrigue me most and I could sit for hours and listen to my grandmother talk about her experiences. To me it just seems that older generations were more romantic, more sentimental. I'm not so naïve to think that they did not have their problems, but it seems that they tried harder at making things work.

With the most romantic day of the year creeping up this weekend I began to ponder on my own relationship. I have been blessed with parents who have been happily married for forty years so I had a firm foundation of good example. They have taught me that when you marry someone you marry their good and their bad. There are no proverbial sick days allowed in the building of a marriage and most definitely no vacations. When you speak your vows before God and family they are sacred and meant to be kept not stretched or distorted to suit a selfish purpose.

My husband and I have seen our fair share of ups and downs since we have been married. We began our adventure like horses out of the starting gate and things haven't slowed down yet. We are almost exact opposites on pretty much everything so I assume that the old belief that opposites attract is true.

He could say black and I would say white, he would say run and I would say walk, etc., etc. But we do agree on the love we have for our children, our hopes for their futures, the importance of being raised in church and our love for one another.

Valentine's Day has always held some significance to our relationship because we starting dating on this day, we broke up on this day, we got engaged on this day, and…well, you get the picture. We were high school sweethearts so we have been one another's Valentine for several years now.

Our family has grown to six and we still look at each other occasionally and find it hard to believe. The good Lord has given us four beautiful and healthy sons who keep us very busy. In all the hectic scheduling of our lives one thing has remained true and that is the fact that my husband is my best friend. He is the person I see first in the mornings and the last person I see at night.

Granted there are days when I childishly stick my tongue out at him behind his back or would just like to avoid him all together, and I know he has felt the same towards me. But we both know that we are in this boat together, sink or swim, we go as one. What God joined together we will work hard at keeping afloat.

Sometimes I wonder about couples who are always seen together, but they never make contact with one another either by touch or sight. I love my husband and if I want to hug him or give him a kiss out in public then I see nothing wrong with that.

Most of the time we sit close and hold hands, unless of course it is one of those days when we don't like each other, but even then we still communicate.

We were guest at a wedding once where Miss Nellie Meadows was in attendance. After the ceremony she came up to us and told us that we still acted like newlyweds. We took it as a great compliment coming from such a sweet lady.

Life is hectic and I understand that sometimes those fairy tales we build up in our heads just don't live up to our expectations. Sometimes people just don't mix well or figure out that they really don't like each other. I have learned through almost 14 years of marriage that sometimes you don't like your spouse, but you should always love them. Love and forgiveness go hand in hand and are responsible for growth and appreciation.

My two oldest boys will be turning 15 years old on the 18 of this month and I know that girlfriends will one day steal their hearts which is somewhat hard on this old mom to grasp. I know the day will come when I will have to share their hearts with another.

My husband was having a "man to man" talk with them over the weekend about several different things. I was keeping to myself because I felt like they needed this time with their dad to have a "manly" talk. I couldn't help but smile though when he started talking about picking out a good girlfriend. He told them that they needed to think about what a future with that girl would be like.

"She should be your best friend, someone you are happy to come home to everyday…like your mom is to me." He definitely racked up some brownie points with that one.

My granny told me once that when my papaw died she swore she'd never deal with another man and to this day she lives alone. I think it is just because when papaw died he left a hole in her heart that no one else could ever fill.

I want to love like that, to set out on a journey with one person and stay the course till God calls us home. I am thankful for my husband and his stubborn ways. I am thankful for our differences because they keep us on our toes and I am thankful that we have chosen to love through the hard times and laugh through the good.

Happy Valentine's Day and I hope everyone has someone to love no matter what day of the year it is. Love knows no time limit or calendar space!

"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another." John 13:34

There is no excuse to not work out, at least a little

PAM DOOLEY
County Home Ec.

When it is cold outside, you may have a hard time motivating yourself to get up and moving, especially of you have to leave your warm home. But the good news is that you do not have to leave your home to get a little exercise. There are many different ways you can use the items around your house to get your heart beating and warm you up.

Keep your muscles working even if you do not have a set of weights. You can use many items around the home to act as weights.

Some items that you can use as weights include:

• Books : Start with one or two books and add more as needed.

• Canned Goods: Much like books, start with some canned goods to do arm exercises.

• Plastic milk or juice jugs: You can add different amounts of water to the jug to adjust the weight.

• Various size bags: You may use towels or clothes to adjust the weight of the bags that you have in your home.

You can also use the weight of your own body as a way to work your muscles. These are called body resistance exercises and include: pushups, crunches and wall sits.

Do you think that just because you cannot get outside to walk or run that you will not be able to get cardiovascular exercise? You can easily get your heart rate up by following this simple stair exercise: go up and down your steps for 5-8 minutes. To challenge yourself, take two steps at a time. You can also walk up the steps sideways using different leg muscles than are usually used to climb the steps. If you do not have steps, you may use an object that you can step up on, such as a small stool.

You can stretch at any time, not just when you are sweating. Perhaps you are sitting and watching your favorite show on a cold night. This can be a great time to stretch. The best part about stretching is that you do not need any equipment.

Here are a few tips for stretching:

• Do not bounce. When you are stretching go for a slow, long stretch. Think about when you stretch after a good night of sleep. Do you move really fast while you are yawning?

• If it hurts, do not do it. While you are stretching, you might feel a little tightness, but you should never feel pain. If it hurts, you should stop.

• Do both sides. If you stretch one leg or arm, make sure you stretch the other side as well.

It is important to be safe when doing any type of activity. If you are using home items as exercise equipment, be sure you are doing so safely. Talk to your doctor if you are planning to start a new exercise program.

Community Meetings

AmVets Meeting

AmVets Post 67, Clay City, monthly meeting, the first Sunday every month at 2 p.m. Bingo every Monday at 6:30 p.m.

The Powell County Library

Powell County Public Library Board Meeting will be held on the third Monday of the month at 4 p.m. in the library. Story Time at the Powell County Public Library is every Thursday from 1:30 to 2:30 p.m. for ages 3 to 5 years. We will read stories, do crafts and sometimes a movie.

Disabled American Veteran Meeting

The Monthly Meeting of the Powell County Disabled American Veterans Powell County Chapter # 103 is held on the second Thursday each month at 30 Bright Street Stanton at 6 p.m.

Powell County Tourism Commission

The regular board meetings are held every fourth Wednesday at 1 pm. The meetings are held at the Powell County Extension Office. For more information call 606-481-9470.

Red River Gorge/Nada Tunnel Festival

The committee for the Red River Gorge/Nada Tunnel Festival will meet the first Tuesday of each month at the Middlefork Fire Department at 7 p.m.

Vets Benefits

A Veteran's Benefits Field Representative will be at the Powell County Courthouse in Stanton, Kentucky on the first Thursday of each month. The hours are from 8:30 a.m. to 11 a.m. For further information call toll free 1-866-376-0308.

Veterans Benefits

A Veterans Benefits Field Representative with the Kentucky Department of Veterans Affairs will be at the Powell County Courthouse, Stanton on the first Thursday of each month from 9 a.m. to 11:30 a.m. Veterans and their families will be given counseling in filing for Federal and State Veterans benefits. This service is provided free of any charge or fee by the Commonwealth of Kentucky, Department of Veterans Affairs. Call and leave a message at 1-866-376-0308, leave a message, your call will be returned. Bring all documents pertaining to filing a claim.

Higher Education Meeting

The Powell County Higher Education Development Board will meet on the third Thursday of each month at the Powell County High School Library at 7 p.m

Stanton Parks and Recreation Board

The Stanton Parks and Recreation Board will hold their regular monthly meeting on the first Tuesday of every month at 6 p.m. The meetings will be held at the city building in the Senior Citizens building located at the city park.

Friends of PC Pets Meetings

Friends of Powell County's Pets hold their monthly meetings at 6:30 p.m. on the first Tuesday of every month at the Powell County Public Library. If you have any questions or you would like to volunteer or foster, please stop by.

Brianna's Sanctuary Meetings

Brianna's Sanctuary & Rescue monthly meeting will be held at 6 p.m. on the second Friday of each month, at the Powell County Public Library. If you would like to volunteer or find out the requirements for fostering, come by and join us. For questions call (606) 663-2353 or (859) 576-4846.

Clay City Homemakers

The Clay City Homemakers meet on the first Thursday of the month at noon at the Powell County Extension Office.

Quilt Club

The Quilt Club meets the second Monday of the month at 11 a.m. at the Powell County Extension Office.

COMMUNITY CALENDAR

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Rook Tournament

The Sons of AmVets Post #67 in Clay City will be holding a Rook Tournament on Saturday night, Feb. 15. Start time is 7 p.m. Pre-entry, early preferred, draw for partners, 50/50 payout. There is a $10 entry. For more information call 606-569-5030.

February is National Spay/ Neuter Month

Friends of Powell County's Pets have received a grant to help low income families (less than $30,000) get their pets altered at a great price. Those interested in getting a voucher for their pet(s) may come to the Powell Co. library on Feb. 13 or Feb. 20 between the hours of 4:30 and 6:30 p.m. to pick up a voucher for $10 for the Boonesboro Animal Clinic in Winchester or one for $22 for the Stanton Veterinary Clinic in Stanton. *We have limited number of vouchers and it will be a first come first serve basis.* Please bring proof of residency and income with you along with the $10/$22 CASH.

Stanton Masonic Lodge

Stanton Masonic Lodge #352 will be having their official visit from the district deputy grand master on Friday, Feb. 14. We will be having a meal at 6:30 p.m. with the meeting at 7:30 p.m. All members are encouraged to attend.

Benefit for the Powell County Football Program

The 2014 Skull and Crossbones Tour starring Corey Kenton and Avery Crabtree will be at the Powell County High School on Saturday, Feb. 22. Doors open at 5 p.m. Tickets: Pre-Sale $10, day of event $12.

Call Kathy Cornett at 859-200-3409 or Gretchen Brewer 606-269-4226 for more details. Tickets will also be sold at Powell County Sporting Events.

Food Handler Class

The Powell County Health Department will be having a food handler class on Thursday, March 20 and Thursday, April 17. Both classes begin at 1 p.m. This will be a great opportunity for anyone that may be in school or have other responsibilities during the week. Call 606-663-4360 for more information.

Red River Bowhunters

Red River Bowhunters will be shooting indoors on Tuesday nights at 7 p.m. through the end of March. For more information call 606-481-0959.

All Boys Welcome! Be a Scout!

Boys ages 11 and up or 6th Grade and higher are able to join Boy Scout Troop 361. We meet at Shiloh United Methodist Church on Thursday nights at 7 p.m. For more information call Scotty Moree at 606-481-4138.

Baseball Academy

Powell County High School is hosting a six week baseball camp starting March 9. Powell County head coach Chris Varney will direct the program in conjunction with U.S. Baseball Academy. Classes are available for players in grades 1-12 and are limited to six players per coach. Sessions are offered in advanced hitting, pitching, catching, fielding and baserunning. Proceeds from the program benefit amateur baseball in Stanton. Space is limited. Registration is now under way. For more information, visit www.USBaseballAcademy.com, or call toll-free 866-622-4487.

Veterans Support Group

A Veterans Support Group will meet on the second and fourth Wednesdays of each month at the AmVets Post #67 in Clay City.

Genealogy Help Desk

The Red River Historical Society and Museum located at 4541 Main Street in Clay City has opened a Genealogy Help Desk. It will be staffed by members of the historical society and members of the Red River Valley Chapter of the Daughters of the American Revolution (DAR). If you are researching your Eastern Kentucky roots we hope we can be of some help to you. The hours are 2 to 5 p.m. each Sunday at the museum.

Veterans Benefits

A Veterans Benefits Field Representative with the Kentucky Department of Veterans Affairs will be at the Powell County Courthouse, Stanton on the first Thursday of each month from 8:30 a.m. to 11:30 a.m. Veterans and their families will be given counseling in filing for Federal and State Veterans benefits. This service is provided free of any charge or fee by the Commonwealth of Kentucky, Department of Veterans Affairs. Call and leave a message at 1-866-376-0308, leave a message, your call will be returned. Bring all documents pertaining to filing a claim.

CHURCH NEWS

Bowen First Church of God Singing

The Little Paint Quartet will be singing at the Bowen First Church of God on Sunday, Feb. 23, at 6 p.m. The church is located at 5555 Campton Road, everyone is invited to attend.

Sons of Liberty at Torrent

On Sunday, Feb. 16 at 11 a.m. the acclaimed gospel music group the Sons of Liberty will be in concert during the morning worship service at the Torrent Church of God. Sunday School will be at the regular time, 10 a.m.

Lunch will be served immediately following the music program. Pastor Marvin Hobbs and the congregation invite you to enjoy a good time of Christian fellowship and gospel music. Please join us for this special event. The church is located at 1350 Hwy. 11, 6 miles south of Natural Bridge State Park. For more information call 606-668-3992.

Prayer Task Force Schedule

The Powell County Christians United Against Drugs (PCCUAD) Prayer Task Force will meet at the Clay City Baptist Church located on the corner of 7th Street and 8th Avenue behind the Clay City Restaurant. This meeting is for all Christians to come and pray together. We name our prayer concerns, pray and leave. Do you have one hour for God? You will be blessed, everyone welcome! The prayer service starts at 9 a.m. on each Saturday.

Prayer Line

If you are in need of prayer or need to leave a prayer request, call (606) 663-6172 or (606) 663-6385.

Community Calendar and Church News presented so that the community can be made aware of local events. We ask that all announcements should include a brief description of the event along with the time, date and location. Please include a phone number for more information with the announcement. Announcements can be submitted by mail, email or phone. Deadline for announcements is Monday at 5 p.m.

AND CHURCH

ASSEMBLY OF GOD

Stanton Assembly of God, Washington St., Stanton, 663-0198, Pastor Eddie and Linda Thomas, 859-771-9777, Sunday School 10 am; Worship Service 11 am and 6 pm.

BAPTIST

Clay City Baptist, 7th St. & 8th Ave., Clay City, Grider Denney, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Evening Service 7 pm.

Crossroads Baptist, 2524 Virden Ridge Rd., Clay City, Pastor James Smith, Sunday School 3 pm; Sunday Worship Service 4 pm; 606-663-5796.

Emmanuel Baptist, 745 W Highway 15 (across from PCHS) Stanton. Ph: 663-1300. ; Services: Sunday School 9:45 am, Morning Worship 11:00 am, Evening Worship 6 pm, Wednesday Night Bible Study, 7 pm.

Faith Freewill Baptist Church, 130 Washington Street, Stanton, KY 40380, Pastor: Ireland Sexton. Phone 606-663-0073.

Friendship Baptist Church, 105 Bluebird Lane (off Virden Ridge Rd.,) Clay City, Clyde Spencer, Pastor, Sunday School 10 am; Worship Service Sunday, 11 am; Worship Service Saturday 6 pm.

Mill Knob Baptist Church, 21 Rice Rd., Stanton, off Peck's Creek. Pastor, Warren Rogers 606-481-0444. Sunday School 10 a.m.; Worship at 11 a.m. Evening Worship 6 p.m. Wednesday service 7 p.m.

Morris Creek Missionary Baptist, Hwy. 213 North, Pastor Bess Goss. Jr. Sunday School 10 am, worship 10:45 am.

Powell's Valley Baptist, 125 Powell's Valley Rd., Clay City; Gary Willoughby, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday service 6 pm.

Rehoboth Baptist Mission, 663-1950; Gary Hurt, Min., Sunday School 10 am; Morning Service 11 am; Sunday Evening 6 pm; Wednesday Service 7 pm.

Stanton Baptist, 42 E. College Ave., Stanton, Ph. 663-2170; Jonathan Lewis , Min., Sunday School 9:45 am; Worship Service 11 am and 6 pm; AWANAS Wednesday 6:30-8 pm & Wednesday Service 7:00 pm.

West Bend Baptist,10124 Winchester Rd. Sunday School 10 a.m.; Sunday Service 11:15 a.m. Pastor John C. Taylor. Phone 1-859-270-1599.

Calvary Baptist Church, Stokely Loop, Clay City, 663-1890; Johnny Hurt, Pastor, Sunday School 10 am; Worship 11 am; Evening Service 6 pm; Wednesday Service 6 pm.

CATHOLIC

Our Lady Of The Mountains Church, 1093 E. College Ave., 663-5919; Sister Mary Jane Kreidler, pastoral director, and Father Al Fritsch, parish priest. Tuesday and Friday Mass 4:30 pm

CHRISTIAN

Stanton Christian, 100 West Church Street, Stanton, 663-2458; Interim Pastor, Jim Hutchison Sunday School 9:30 a.m.; Worship Service 10:30 a.m. and Sunday Night Small Groups and Youth Groups at 6 p.m. Meal and Open Gym at 7 p.m. Wednesday Nigh Small Groups for all ages 7 p.m.

CHURCH OF CHRIST

Bowen Church of Christ, Luke Newell - 1st and 3rd Sunday; Daniel Newell - 2nd and 4th Sunday.

Cat Creek Church of Christ, Eugene Reed , Relzda McNabb, and Dwaine Meadows Min. Sunday School 10 a.m.; morning worship 11 a.m.; evening service 6p.m.' Wednesday 7 p.m.

Clay City Church of Christ, 5719 Main St., Clay City, Mack C. Rice, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm.

Stanton Church of Christ, 255 N. Main St., 663-5327; Brock Hartwigsen, Min., Sunday Service 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm.

CHURCH OF GOD

Bowen First Church of God, 5555 Campton Road, Stanton (Bowen) 663-0751; Pastor Steven V. Williams, Sunday School 9:45 am; Worship Service 10:45 am and 6 pm; Wednesday Service 7 pm.

Clay City First Church of God, 4236 Main St., Ph. 663-2810; Sunday School 10 am; Worship Service 10:45 am and 6 pm; Wednesday Service 7 pm.

Emmanuels Tabernacle Church of God, Pastor: Kyle Shoupe; 859-749-4067; Sunday School, 1 pm, Worship Service, 2 pm; Sunday Night Service, 6:30 pm; Wed. night service, 7:00 pm; For more information 663-2266 or 663-8118.. Everyone is welcome.

Grace Fellowship Church of God of Prophecy, 775 E. College Ave., Willard Estep, Min., Sunday School 10 am; Worship Service 11 am & 6:30 pm, Wednesday Service 7 pm.

Hatcher's Creek Church of God, , Worship Service 10:30 am and 6:30 pm.

Knowlton Church of God, Furnace Rd., Stanton, Kenny Wasson, Min, Sunday School 10 am; Worship Service 6 pm.; Wednesday Service 6 p.m.

Living Water Church, 780 North Fork Rd., Ph. 663-1979; Dale Hale, Sunday School 10 am; Morning Worship Services 11 am and Sunday Night 6 pm; Wednesday Service 7 pm.

Middle Fork Church of God, 9479 Campton Road, Stanton; Pastor Garland Lacy; Sunday Service, 11 a.m.

More Than Enough Ministries Church of God, 1236 College St., Stanton, KY. Service Fridays 5-7 p.m., Clothing Giveaway Director Betsy A. Caudill , home (606)663-7849, cell (606)304-8838,

Morris Creek First Church of God, 1669 Morris Creek Rd., Stanton, Raymond Tipton, Min., Sunday School 10 am; Worship Service 10:45 am and 6 pm; Wednesday Service 7 pm.

Mountain Parkway Church of God, 30 Adams Ridge Rd., Dale Payne, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm.

New Beginnings Church of God, 1091 Irvine Road, Hwy. 82, Clay City; Pastors Patty and Billie Utterback, Sunday School 11 am; Sunday Worship Services 12 pm. Tuesday Bible Study 6 pm., Wednesday and Saturday 7 pm.

Slade Church of God, Sunday School 10 am; Sunday Worship 11 am; Sunday Night Service 6 pm. Pastors: Bill White . Campers Welcome.

Stanton First Church of God, 980 E. College Ave. P.O. Box 325, Sunday School 10 am; Worship Service 10:45 am and 6 pm; Wednesday Service 7 pm. Anthony T;. Molihan minister.

Vaughn's Mill First Church of God, Hardwick's Creek Rd., Clay City, Teddie Linkous, Min.; Sunday School 9:45 am; Worship Service 10:45 am and 6:30; Wednesday Service 7 pm.

Vaughn's Mill Full Gospel Church of God, Located off KY 2001 and Happy Top Road in Clay City. Services are: Sunday 10 a.m., Worship at 11 a.m.; Sunday evening at 6 p.m.; Thursday evening at 7 p.m. Everyone welcome.

West Bend Church of God, 9866 Winchester Rd., Clay City, KY 40312, Ph. 663-9210. Pastor Bro. Ray Wyant , home phone 859-498-2262 Sunday School 9:45 am; Worship Service 10:45 am and 6:00 pm., youth service 7 p.m. Wednesday prayer services at 7 p.m.

West Bend First Church of God, 8861 Winchester Rd., Clay City, KY Pastor James Combs, Sunday School 10:00 a.m., Worship service 11 a.m. and 6:30 p.m. Wednesday youth service, 6:30 p.m. Wednesday prayer service, 6:30 p.m.

Christian Fellowship Church of God, 4627 Main St., Clay City, Pastor Harold G. Kelly, Sunday School 10 am; Sunday Morning Worship Service 10:45 am and Sunday Night Service 6:00 pm; Wednesday Service 7:00 pm.

Walnut Grove Church of God, North Fork Road, Stanton, Rothiel King Pastor, Sunday Morning Service 10 am; Night service 6 pm.

LUTHERAN

Grace Lutheran Church, 108 Hemlock Dr., Winchester, Sunday School 9:15 am, Worship 10:30 am, 745-2873.

UNITED METHODIST

Clay City United Methodist, 7th St., Kim Rose, Min., Sunday School 10:00 am; Worship Service 11 am and 6 pm; Wednesday Bible Study 6:30 pm.

El Bethel United Methodist Church, 5229 Trapp-Goffs Corner Road (behind Goff's Corner Market) Winchester,; Rev. Mike Albertson, Pastor; 606-233-7407; Sunday School 10 am; Sunday Morning Worship 11 am; Sunday Night Bible Study 7 pm.

Hardwicks Creek United Methodist, Hardwicks Creek, Rev. Michael Cobb Min., Sunday School 10 am; Worship Service 11 am & 5 pm; Wednesday Service 6 pm.

Shiloh United Methodist, 2652 Campton Rd. (SR 11 & 15) Stanton, Ph. 663-5633; Brandon Candee, Min., Sunday School 10 am; Worship Service 11 am and 6:30 pm; Youth Ministries, 6:30 pm Sunday; Bible study 6:30 p.m. Wednesdays.

West Bend United Methodist, 8677 Winchester Rd., Clay City, Ph. 663-5534; Michael R.Guertin, Pastor, (931) 237-0569; Sunday School 10 a.m., Sunday Worship, 11 am and 6 p.m.; Wed. Bible Study 7 p.m.

PENTECOSTAL

Harvestime Assembly 480 E. College Ave., Stanton; Sunday, 10 am, 11 am and 6 pm; Wednesday, 7 pm. Rev. Tony Story, 606-663-9866.

PRESBYTERIAN

First Presbyterian, Phillip Pogue, 420 N. Main St., Stanton, Ph. 663-2914; Sunday School 9:30 am; Worship Service 10:45 am and 7:00 pm; Wednesday Service 7:00 pm.

OTHER

Airport Chapel, Stanton, Scoby Faulkner, Min.

Blessed Assurance Church, 44 N. Main St., Stanton; Gary Sparks, pastor. Sunday School 10 a.m.; morning worship 11 a.m.; Sunday night 6 p.m.; Wednesday 4 p.m. Phone 859-556-0481

Church of Jesus Christ of Latter-day Saints, 1085 Grand Ave., Beattyville. Branch president, James R. Ellison; Sacrament meeting, 10:30-11:30; Sunday School 11:40-12:20; Priesthood and relief society 12:20-1 p.m.; missionaries phone 859-432-9584. Ronald E. Roberts 1st Counselor in the branch presidency, 1452 Brookside Dr., Stanton. Phone 606-481-9770

Three Cross Mission Church, Sunday School 10 am, Worship Service 11 am & 6 pm and Wednesday Service 6:30 pm, Clay City, KY

Full Gospel Church, 27 Hunter Ln., Clay City; Pastor, Ralph Banks; Sunday Services 6 p.m., Wednesday, 7 p.m.; Saturday, 7 p.m.

Full Gospel Lighthouse, Fifth Ave., Clay City, Sammy Faulkner, Min., Sunday School 10 am; Worship Service 11 am and 6 pm; Wednesday Service 7 pm

House of Prayer For All People, Helton Mtn., Slade, Dale Helton, Min., Worship Service, Sunday 2 pm.

Nada Baptist Mission, Tunnel Rd., Dr. John Owen, pastor; Phone 859-744-2884. Services 3:15 Sunday School; 4 p.m. worship.

Never Ending Grace Community Church, 29 Howell Lane, Clay City, Stephen Donithan, pastor 859-585-8756 Sunday School 10:00 a.m., Worship Service 11:00 a.m.; Wednesday Evening Bible Study 7:00 p.m.

Pine Grove C.M.E. Church, 9575 Winchester Rd., Çlay City KY 40312. Sunday School: 10 am.; worship service 11 a.m.; Pastor, Diane Flora.

Spirit of Life in Christ Church 587 Brush Creek, Clay City, Pastor Ken Fugate, alternate J.D. McClure, 663-4220 Sunday Worship 11 a.m.; Sunday evening 6 p.m.; Thursday evening 7 p.m.

Vaughns Mill Community Chuch, hosting **God's Fresh Start Church** 155 Spout Springs Road, Clay City, Ph. 859-608-6525, Thomas Rogers, pastor, Sunday Service 2 p.m.; Thursday night 7 p.m.

Wings of Love Church, 7283 Winchester Rd., Clay City, Ricky Shuler, pastor, Children's Sunday School, 5:30 p.m., Sunday Service 6:30 p.m.; Wednesday night 7 p.m.

Wildwood Chapel, 1599 Halls Hill Road, Stanton. Pastor: George Sparks, 606 -663-9950. Sunday School 10 a.m., Worship Services 11 a.m., Friday Service at 7 p.m.

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ENCOURAGING WORD: THE NEED OF A NATION

Howard Coop
Guest Columnist

One memory from childhood is vivid. In the eighth year of my life, my father joined a group of friends to visit the birthplace of Abraham Lincoln. During that visit, he reached across the chain that surrounds the cabin to touch one of the logs. When he did so, he came in contact with a tiny splinter and kept it. Across the years, he would show that little splinter to my sister, my brothers, and me and tell us what he knew about a farm boy from a poor family in Kentucky who grew up splitting rails to become the sixteenth president of the United States.

Abraham Lincoln was born on Sunday, Feb. 12, 1809, in a log cabin on Sinking Creek in LaRue County. Later the family moved to Knob Creek and when Lincoln was seven years old, they moved to Indiana.

Lincoln was essentially a self-educated man who became President and led this nation through the greatest constitutional, military and moral crisis it has faced.

Although he was not a member of any Christian church, Lincoln was a man with high moral principles. He believed in, and was committed to, certain things. In a statement made on July 31, 1864, Lincoln said, "That I am not a member of any Christian Church, is true; but I have never denied the truth of the Scriptures; and I have never spoken with intentional disrespect of religion in general, or any denomination of Christians in particular." Then, on Oct. 24, 1863, in a statement to the Baltimore Presbyterian Synod, he said, "Nevertheless, amid the great difficulties of my Administration, when I could not see any other resort, I would place my whole reliance on God, knowing that all would be well, and He would decide for the right."

Lincoln had an understanding of government. In the Gettysburg Address he declared that government is "of the people, by the people, and for the people..." and he is credited with saying, "The legitimate object of government, is to do for a community of people, whatever they need to have done, but can not do, at all, or can not do...for themselves, in their separate, in their individual capacities."

Of the 44 men who have become President, almost all of them had a signature act. The Emancipation Proclamation was Lincoln's signature act. In his message to Congress on Dec. 1, 1862, Lincoln said, "In giving freedom to the slaves, we assure freedom to the free."

Lincoln's birthday, once a national holiday, will pass with little notice. But it should be a reminder that the need of the nation is for leaders who are men of courage and commitment that will be guided by moral principles and stand for what is right in all situations.

ANNOUNCEMENTS

COUNTRY CORNER Sale, Thurs.,-Sun. All salt box houses and any item with a house on it. 10% OFF 10 am to 5 pm; Sun. noon-3 pm .1/1

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LOTS FOR SALE: all located on Millstone Road in Clay City. Lot #15 is 4.13 acres, asking $17,000. Lot #16 has a pond and is 3.51 acrr4es, asking $15,000. Call 859-749-6303. 3/4

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FOR SALE

SALE OF MULTIPLE storage units at Piratetown Storage, 290 E. Elkins St., Stanton. Sale starts at 1 pm on Saturday, Feb. 15. Must register prior to sale..1/2

NOTICE TO CREDITORS

DECEASED: Donald Ray Boyd
Executor/Administrator: Verma Boyd
Date of Appointment: 2/7/14
Attorney: N/A
Address: 4365 South ForkRd.,Stanton, KY 40380
Deceased: Russell Ware
Executor/Administrator: Barbara Faulkner & Roy Ware
Date of Appointment: 2/7/14
Attorney: N/A
Address: 45 Happy Top Rd, Clay City, KY 40312 & 192 Katie Lane, Clay City, KY 40312
Deceased: Randall Deric kson
Executor/Administrator: Brandon Derickson
Date of Appointment: 2/7/14
Attorney: NA
Addr4ess: 144 Hatton Creek Rd., Stanton, KY 40380

Darlene Drake, Clerk
Powell District Court
Stanton, Kewntucky 40380
606-663-4141

NOTICE OF FINAL SETTLEMENT

DECEASED: Alma Allen
Executor/Executrix: Anita Williams
Date of Appointment: 4/29/08
Attorney: Hon. Scott Graham
Address: PO Box 637, Stanton, KY 40380Deceased: Lula Belle Crabtree
Executor/Administrator: Carl T. Crabtree
Notice is given the Final Settlement has been filed in the above estate. You have 30 days from the Final Settlement to file exemptions properly proven with the respective represenative.

Darlene Drake, Clerk
Powell District Court
Stanton, Kewntucky 40380
606-663-4141

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PHONE: 606-663-2770
(TDD for speech & hearing impaired 711)

NOTICE OF REQUEST FOR BIDS REGARDING GARBAGE SERVICE FOR THE CITY OF CLAY CITY

Notice is hereby given that the City of Clay City will be accepting bids for Residential and Commercial Garbage service. All bids shall be submitted in a sealed envelope marked Residential and Commercial Garbage Bids. All bids must be received by the City Clerk of Clay City by 4 pm on Monday, February 17, 2014 at the Clay City Municipal Building, 4651 Main Street, PO Box 548, Clay City, Kentucky 40312. The sealed bids will be opened at the regular city council meeting on February 17, 2014 at 7 pm. Bid specification sheets can be picked up at the City Office of Clay City office between the hours of 8 am and 4 pm Monday thru Friday. The City f Clay City reserves the right to reject any or all bids. Any questions may be forwarded to the City of Clay City by calling 606-663-2224.

NOTICE OF LAWSUIT

Notice is hereby given to any unknown occupants or tenants of 198 Hilltop Road, Clay City, Kentucky that a lawsuit has been filed by the Vanderbilt Mortgage and Finance Co. The Plaintiff is claiming a right to foreclose on the property at Hilltop Road. The company claims the occupants may have a legal interest in the land. It says that the owners Shane and Rebecca Trent defaulted on their mortgage loan. Anyone with information about the whereabouts of any occupant or tennant should contact Bruce Francisky, Attorney at Law, either at PO Box 4155, Winchester, KY 40392 or 859-744-6980.

CITY OF CLAY CITY
ORDINANCE NO. 14-01-20A

AN ORDINANCE RELATING TO THE WATER AND SEWER RATES

WHEREAS, the City of Clay City is faced with ever increasing operational costs associated with the maintenance and operation of its existing water and sewer systems and in order to protect the financial stability of the City of Clay City, it is deemed as necessary and appropriate by the City Council of the City of Clay City to increase the charges for services being provided by the City of Clay City; and
WHEREAS, the Beech Fork Water Commission has recently increased the rates which it charges its customers, including the City of Clay City, for the production of potable water, (said rate increase being 14 cents per thousand gallons), with said rates to be effective as of January 1, 2014;
NOW BE IT ORDAINED BY THE CITY OF CLAY CITY, KENTUCKY AS FOLLOWS:
Section 1. The following are adopted as the water and sewer rates for water and sewer service provided by the City of Clay City.

(A) WATER RATES

Gallons used per month	**Cost**
First 2,000 gallons. (inside city limits)	$17.44 (minimum)
First 2,000 gallons, outside city limits)	$21.99 (minimum)
Per additional thousand gallons, inside city limits	$6.45 per thousand
Per additional thousand gallons, outside city limits	$9.23 per thousand

B. SEWER RATES

Gallons used per month	**Cost**
First 2,000 gallons, inside city limits	$22.40 (minimum)
first 2,000 gallons, (outside city limits)	$28.00 (minimum)
Per additonal thousand gallons, (inside city limits)	$11.65
Per additional thousand gallons, (outside city limits)	$14.56

Section 2. All ordinances, resolutions and orders and parts thereof in conflict with the rates set forth above are hereby repealed to the exztent of such conflict.
Section 3. Tbhis Ordinance shall take effect after its passage and upon publication. The above rates shall be effective as of February 1, 2014.
Enacted this the 27th day of Januyary, 2014.

/s/ James A. Caudill, Mayor
City of Clay City

Attest:
/s/ Stacey Curtis
City Clerk-City of Clay City

First Reading: 1-20-14
Second Reading: 1-27-14
Signed by mayor: 1-27-14
Publication: 2-6-14

Operation ROC Circuit Court Jan. 30

Helen S. Brewer, trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, guilty plea, received five years, probated for five years, with credit for time served of 25 days, sentencing scheduled for Feb. 19.

Louise Brewer, trafficking in a controlled substance, second degree, first offense, less than 10 dosage units codeine, guilty plea, received two years , probated for three years with credit for time served of 45 days, sentencing scheduled for Feb. 19.

Rhonda F. Campbell, first degree trafficking in a controlled substance/LSD, first offense, guilty plea, received one year to serve with credit for time served of 48 days, sentencing scheduled for Feb. 19.

Herbert Blane Charles, three counts of trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, offer made Feb. 5.

Herbert Blane Charles, two counts of trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, persistent felony offender ,second degree, continued until Feb. 5.

Leonard George Coffey, trafficking in a controlled substance, first degree, second or greater offense, greater than or equal to 10 dosage units, drug unspecified, persistent felony offender , second degree, guilty plea, received seven years with credit for time served of 48 days, sentencing scheduled for Feb. 19.

Gregory Breet Conley, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, attempted trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, two counts of trafficking in a controlled substance,, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, persistent felony offender , second degree, continued until Feb. 5.

Chad Curtis, first degree trafficking in a controlled substance/LSD, first offense, persistent felony offender , second degree, pretrial conference Feb. 19.

Shannon Curtis, two counts of first degree trafficking in a controlled substance/LSD, first offense, continued until Feb. 19.

Crystal Demuth, second degree trafficking in a controlled substance/anabolic steroid, first offense, received two years, persistent felony offender second degree, dismissed, guilty plea, received two years, sentencing scheduled for Feb. 19.

Betty Garland Dickey, first degree trafficking in a controlled substance/LSD, first offense, pretrial conference Feb. 19.

Robert Dixon, three counts of first degree trafficking in a controlled substance/LSD, first offense, continued until Feb. 19.

Trina Michelle Dixon, trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, guilty plea, received five years , diverted for five years , to complete drug court.

Jeffrey Flynn, first degree trafficking in a controlled substance/LSD, first offense, pretrial conference Feb. 19.

Patricia Lynn Frye, trafficking in a controlled substance, second degree second offense, trafficking in a controlled substance, second degree, first offense, greater than or equal to 20 dosage units, drug unspecified, schedule 3, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units drug unspecified, continued until Feb. 19.

April Hopper, trafficking in a controlled substance, first degree, second or greater, less than 10 dosage units, schedule 1 and 2, attempted trafficking in a controlled substance, first degree, second or greater, less than 10 dosage units, drug unspecified, schedule 1 and 2, guilty plea, received eight years , diverted for five years with credit for time served and to complete drug court.

Edward B. Hopper, trafficking in a controlled substance, first degree, second or greater, less than 10 dosage units, drug unspecified, schedule 1 and 2, continued until Feb. 19.

Sean Howard, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, continued until Feb. 19.

George Harvey Jarrell Jr., sell and/or transfer of a simulated controlled substance , first offense, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, pretrial conference Feb. 5.

George A. Jarrell, first degree trafficking in a controlled substance/LSD, first offense, continued until Feb. 5.

Joseph Daniel Jarrell, sell and/or transfer of a simulated controlled substance , first offense, two counts of trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, continued until Feb. 19.

Shawn McIntosh, trafficking in a controlled substance, first degree, second or greater, less than 10 dosage units, drug unspecified, schedule 1 and 2, not guilty plea, pretrial conference March 5.

Wanda G. McIntosh, trafficking in a controlled substance, second degree, second offense, greater than or equal to 20 dosage units, drug unspecified, schedule 3, guilty plea, received five years , diverted for five years with credit for time served of 48 days and to complete drug court.

Rhonda McKenzie, first degree trafficking in a controlled substance/LSD, second or greater offense, guilty plea, received five years probated for five years with credit for time served of 48 days and to complete drug court, sentencing scheduled for Feb. 5.

Dewayne Lee Mullins, trafficking in a controlled substance, first degree, first offense, less than 2 grams heroin, persistent felony offender , second degree, continued until Feb. 19.

Sandra Mullins, first degree trafficking in a controlled substance/LSD, first offense, guilty plea, received five years ,Äì diverted for five years with credit for time served of 48 days and to complete drug court.

Ova Wayne Parks II, fleeing or evading police, first degree, continued until March 5.

Ova Wayne Parks, two counts of trafficking in a controlled substance, first degree, first offense, less than 2 grams of methamphetamine, persistent felony offender , second degree, continued until March 5.

Jesse Clay Patrick Jr., trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, continued until Feb. 19.

Jonathan Peters, attempted trafficking in a controlled substance, first degree, first offense, greater than or equal too 10 dosage units, drug unspecified, continued until Feb. 5.

Valerie Peters, two counts of trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, both counts amended to Class D, guilty plea, received eight years , diverted for five years and to complete drug court.

Samson Lee Sexton, trafficking in a controlled substance, first degree, first offense, less than 10 dosage unites, drug unspecified, schedule 1 and 2, persistent felony offender , second degree, continued until Feb. 19.

Phillip Smyth, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, continued until Feb. 5.

Charity Ellen Strange, trafficking in a controlled substance, second degree, first offense, greater than or equal to 20 dosage units, drug unspecified, schedule 3, persistent felony offender , second degree, pretrial conference Feb. 19.

Peggy Ann Strange, trafficking in a controlled substance, second degree, first offense, greater than or equal to 20 dosage units, unspecified schedule 3, persistent felony offender , second degree, continued until Feb. 19.

Ricky Lynn Strange, trafficking in a controlled substance, second degree, first offense, greater than or equal too 20 dosage units, drug unspecified, schedule 3, continued until Feb. 19.

Darrell Thacker, trafficking in a controlled substance, first degree, first offense, less than 2 grams heroin, persistent felony offender , second degree, continued until Feb. 5.

James Lee Tincher, trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, pretrial conference Feb. 19.

Vickie Wilfong, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, persistent felony offender ,second degree, continued until Feb. 5.

Catherine Willoughby, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, trafficking in a controlled substance, second degree, first offense, greater than or equal to 10 dosage units, codeine, pretrial conference Feb. 19.

Shelby Wilson, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, trafficking in a controlled substance, second degree, first offense, greater than or equal to 10 dosage units, codeine, continued until Feb. 5.

Clayton A. (son) Wise, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, schedule 1 and 2, guilty plea, received one year , diverted for three years.

Clayton E. Wise, trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units drug unspecified, persistent felony offender , second degree, pretrial conference Feb. 5.

Virginia Wise, two counts of attempted trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, continued until Feb. 19.

Randall Lee Wiseman, trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, guilty plea, received 12 months with credit for time served of 48 days.

Russell A. Woosley, trafficking in a controlled substance,, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, guilty plea, received three years, diverted for three years with credit for time served of 48 days.

Andrew J. Wright, trafficking in a controlled substance, second degree, first offense, greater than or equal to 20 dosage units, drug unspecified, schedule 3, guilty plea, received five years , diverted for five years with credit for time served of 48 days and to complete drug court.

Circuit Court Feb. 5

Herbert Blane Charles, three counts of trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, guilty plea, received 10 years concurrent.

Herbert Blane Charles, two counts of trafficking in a controlled substance, first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, persistent felony offender, guilty plea, received 10 years concurrent, sentencing March 5.

Wilton Combs, intended defraud/scheme/artifice to obtain benefits greater than $10,000, intended defraud/scheme/artifice to obtain benefits less than $10,000, continued until March 5.

Gregory Brett Conley, trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, schedule 1 and 2, attempted trafficking in a controlled substance, first degree, first offense, less than 10 dosage units, drug unspecified, two counts of trafficking in a controlled substance first degree, first offense, greater than or equal to 10 dosage units, drug unspecified, persistent felony offender , second degree, guilty plea, received 10 years, sentencing Feb. 19.

Robert Daniel Cunningham, burglary, third degree, theft by unlawful taking or disp pursesnatching $500 or more but under $10,000, guilty plea, received three years concurrent with Fayette County charge, sentencing Feb. 19.

James C. Dorris, burglary, third degree, theft by unlawful taking all others $500 or more but under $10,000, guilty plea, received four years.

Heather Leellen Elam, trafficking in a controlled substance, first degree, first offense, persistent felony offender , second degree, continued until March 5.

Tony Lynn Eller, defraud secured creditor greater than $500 but less than $10,000, continued until March 5.

Bobby Ford, trafficking in a controlled substance, first degree, first offense, persistent felony offender, second degree, continued until Feb. 19.

Patrick Fugate, theft by unlawful taking all others $500 or more but under $10,000, persistent felony offender, continued until Feb. 19.

Robert Earl Geiger, trafficking in a controlled substance, first degree, first offense, pretrial conference March 5, trial date March f25.

William Goldsmith, assault fourth degree domestic violence minor injury, public intoxication from a controlled substance excluding alcohol, cultivation of marijuana, five or more plants first offense, guilty plea, sentencing March 5.

Larry Hall Jr., assault-third degree-police/probation officer-identi, terroristic threatening, third degree, resisting arrest, continued until March 5.

Michael Hall, buying and/or possession of drug paraphernalia, tampering with physical evidence, continued until Feb. 19.

Travis Harris, manufacturing methamphetamine, first offense, possession of a controlled substance, first degree, second offense, methamphetamine, continued until March 5.

Elijah Wesley Herald, unlawful possession of meth precursor, first offense, sentenced to three years ,probated for five years.

George Harvey Jarrell Jr., sell/transfer simulated controlled substance ,first offense, trafficking in a controlled substance, first degree, first offense, pretrial conference March 5, trial date April 29.

George A. Jarrell, first degree trafficking in a controlled substance/LSD, first offense, pretrial conference March 5, trial date April 29.

Curtis M. King, trafficking in a controlled substance, first degre, first offense, drug unspecified, first degree possession of a controlled substance/drug unspecified, public intoxication from a controlled substance excluding alcohol, continued until Feb. 19.

Rhonda McKenzie, first degree trafficking in a controlled substance/LSD, second or greater offense, sentenced to five years , probated for five years and to complete drug court.

Darrell Meadows, manufacturing methamphetamine, first offense, pretrial conference Feb. 19.

Gary Mullins, reckless driving, operating a motor vehicle under the influence of alcohol and/or drugs, etc. .08 first offense, first degree possession of a controlled substance drug unspecified, first offense, not guilty plea, pretrial conference March 5.

Jonathan Peters, attempted trafficking in a controlled substance, first degree, first offense, charged amended to class A misdemeanor, guilty plea, received 12 months.

Kari Michelle Shackelford, trafficking in a controlled substance, first degree, first offense, continued until Feb. 19.

Michael Shoemaker, fraudulent use of a credit card under $10,000, guilty plea, received three years , diverted for four years.

Phillip Smyth, trafficking in a controlled substance, first degree, first offense, continued until Feb. 19.

Rural Housing is more than $500 million through USDA Rural Development

More than $560 million was delivered in federal fiscal year 2013 by USDA Rural Development to achieve homeownership and complete home repairs for over 5,200 rural Kentucky families. USDA Rural Development oversees a $2.6 billion housing portfolio in Kentucky of single family home loans that have maintained low delinquency rates. There is funding available for Fiscal Year 2014 and applications are being accepted.

"Qualifying rural Kentucky families have the opportunity to realize their dream of home ownership through funding provided by USDA Rural Development," said Kentucky State Director Thomas G. Fern, USDA Rural Development. "Our staff is prepared to help families determine their eligibility for home financing."

USDA Rural Development has two loan programs that provide affordable homeownership opportunities to rural Americans: the Single Family Housing Guaranteed Loan program which had a banner fiscal year in 2013, and the Single Family Housing Direct Loan program. Both of these programs allow for 100 percent financing at affordable rates and terms. The Guaranteed loan program provides homeownership loans through approved lenders. The interest rate is negotiated between the lender and applicant and is currently below 4.75%. For the Direct loan program, loans are made directly through USDA Rural Development offices and the current interest rate is 3.75% and may be reduced to 1% for qualifying households. Additional information on both of these programs is available at the Agency website at www.rurdev.usda.gov/ky and click on the Single Family Housing link.

Eligibility for both housing programs is based on income, acceptable credit and repayment ability and the property must be located in rural areas with populations not exceeding 20,000. USDA uses sound underwriting criteria to ensure borrowers are able to repay their loans. By doing so, USDA Rural Development is helping to keep people in their homes. You can visit the Agency eligibility website at http://eligibility.sc.egov.usda.gov to determine if you are within the established income limit based on the size of household and county and if the property is located within an eligible area.

For more information contact the Rural Development office at 220 West First St., Morehead, KY 40351.

President Obama's plan for rural America has brought about historic investment and resulted in stronger rural communities. Under the President's leadership, these investments in housing, community facilities, businesses and infrastructure have empowered rural America to continue leading the way – strengthening America's economy, small towns and rural communities. USDA's investments in rural communities support the rural way of life that stands as the backbone of our American values.

E-Cigarettes leading to an alarming increase of calls to the poison control center

As the debate about electronic cigarette regulation continues with the U.S. Food and Drug Administration (FDA) and device manufacturers, data from one state poses concerns that should be part of the conversation.

The Kentucky Regional Poison Control Center of Kosair Children's Hospital has received 39 calls about e-cigarettes so far this year, a 333 percent increase from nine calls received in 2012. Nationally, poison control centers have seen a 161 percent increase in calls from people with concerns about these devices. With sales of e-cigarettes doubling to $1.5 billion in the past year, the calls are likely to increase.

E-cigarettes consist of a rechargeable lithium battery, a liquid cartridge and an LED light at one end that simulates the burning effect of a regular cigarette. When the user inhales, or "vapes," a heating element converts the liquid in the cartridge into a vapor. Cartridges typically contain nicotine, propylene glycol or glycerol, flavoring and other additives.

"More than half of the calls we have received were concerning children," said Ashley Webb, Pharm. D., board-certified toxicologist and director of the Kentucky Regional Poison Control Center of Kosair Children's Hospital.

"Kids are picking up the liquid cartridge when cartridges are left accessible or when an adult is changing the cartridge," she said. "They're also getting a hold of the e-cigarette and taking it apart to expose the liquid. They then either ingest the liquid or get it onto their skin. Even on the skin, the nicotine is absorbed and can create adverse side effects."

These exposures raise a concern because of the concentrated nature of the cartridge fluid.

"The amount of nicotine in the cartridges is not regulated, but many contain more than 14 milligrams of nicotine," said George Rodgers, M.D., associate medical director, Kentucky Regional Poison Control Center and professor and division chief of pediatric pharmacology and toxicology at the University of Louisville School of Medicine. "Severe cases of toxicity requiring hospitalization have been reported with children consuming 1.4 milligrams per kilogram of weight — equivalent to an average 2-year-old consuming the amount found in a cartridge. And since children are not used to consuming nicotine, their symptoms may be more severe at lower levels."

"Accidental exposure by children to e-cigarettes is a public health concern that we need to take seriously," said LaQuandra Nesbitt, M.D., director of the Louisville Metro Department of Public Health and Wellness in Louisville, Ky. "Parents need to be aware of the potential dangers to their children."

Symptoms of severe nicotine exposure include a pale appearance, flushing, sweating, headache, dizziness, hyperactivity or restlessness, vomiting, diarrhea, rapid heart rate, increased blood pressure, salivation and teary eyes. In very severe cases, the heart rate and blood pressure begin to drop to dangerously low levels and the patient can lapse into a coma, followed by difficulty breathing and even death.

When on the skin, nicotine in liquid form is easily absorbed. Even small amounts can cause irritation and a burning sensation.

"Only a few of the calls we have received have been from children inhaling nicotine from the e-cigarette," Webb said. "And so far only two of the calls involved symptoms severe enough to require emergency care. But it's only a matter of time before a child experiences a severe reaction."

"Parents need to consider these devices as a potential harm to children and, like other poisons, keep them out of reach," said Stephen P. Wright, M.D., pediatrician and medical director of Kosair Children's Hospital. "Since e-cigarettes are also unregulated, we don't know what other toxins may be in them."

An analysis done by the FDA in 2009 showed that e-cigarettes contain carcinogens and other hazardous chemicals, including diethylene glycol, an ingredient used in antifreeze. Researchers from the University of Athens in Greece found that e-cigarettes, thought by some to be a safer alternative to tobacco smoking, do have a harmful effect on the lungs, as reported in Medical News Today.

"Since the industry is still so new, we don't yet know all of the long-term health effects of e-cigarettes to the user, in addition to any effects of secondhand vapor," said Dr. Wright, who is also a professor of pediatrics at the University of Louisville School of Medicine. "While they are touted as a healthier alternative to cigarettes, the jury is still out. We do know that not smoking anything — especially around children — is always the best bet."

Three things every patient should know when dealing with the health-care system

With millions of people newly covered by health insurance, and 11,000 more becoming eligible for Medicare every day, more people will be visiting doctors and hospitals.

And while that's a positive, patient advocate Ruth Fenner Barash warns that the U.S. health care system is not always the benevolent safety net many people believe it to be. It can be abusive, incompetent, callous toward patients – and worse.

"Patients and their loved ones cannot blindly turn themselves over to this massive, technology-based system and trust that it will care – or take care of them," says Barash, who shares lessons learned from extensive health-care experiences in a new book, "For Better or Worse: Lurching from Crisis to Crisis in America's Medical Morass," (http://forbetterorworsebook.com/).

Her cautionary tale traces the long medical journey her husband, Philip, endured with her as his advocate. She discovered mismanagement and excess, useless interventions and a sometimes complete disregard for pain – even when there was no hope of healing.

"I learned a great deal from our experience, and with so many people now gaining access to health care, I want others to benefit from what I've learned," she says. "You can navigate the system; you just have to know how." Barash offers these suggestions for patients and their loved ones, whether it's a trip to the doctor for a checkup or a diagnosis of a catastrophic illness.

" Avoid the emergency room" for your own sake. Emergency rooms were developed with the idea that few people would use them – most people would see their physician. But as health care costs rose, they became a primary care facility for those without insurance or the money to pay for services out of pocket. "Patients and their families were not expected to spend a long time in the E.R. – presumably, they would be seen quickly and either admitted to the hospital or treated and released – so they're not designed for comfort," Barash says. "They've become very crowded, especially in cities, and patients might wait for hours sitting in hard plastic chairs in the waiting room. For someone who's sick or injured, this can be torture." Sick people usually are not isolated, so waiting rooms also teem with germs, she notes.

" Be skeptical " question everything. Too often, we take the first thing we're told as gospel, Barash says. "If you have the luxury of time, take some of that time to think things through, to research and get second opinions," she says. Research your physician's connections. When you're referred to a specialist, ask why that particular person. If you live in an area with a large academic community, ask around about the physicians and health-care providers with the best reputations. Who has the most experience in a particular niche? Who's doing the most promising research? How many times have you performed this procedure and what is your success rate?

" Ask what it costs " no matter who's paying. Our health-care system is absurd in the number of useless consultations, diagnostic procedures and interventions it foists on patients, Barash says. Whether our hospital bills are fully covered by Medicare, Medicaid or private insurance, or we're paying a portion ourselves, we must all include cost in our discussions with health-care providers. "Part of the blame for having the most expensive health-care system in the world goes to us, the individuals, who don't question purchases or shop for prices as we would for groceries, clothing, or furniture," Barash says. "If a test or consultation is ordered, understand why. Is it really necessary? You can say no!"

Finally, Barash says, we all must come to terms with the fact that death is a given.

"My husband's problem, and the problem many of us may be doomed to face, is the seemingly endless getting there – a dying we don't want."

Ruth Fenner Barash studied philosophy at City College of New York and did graduate work at the University of Chicago. In 1958, she met and married Philip Barash, a private practice attorney. She went on to work in public relations and real estate, served education and civic organizations at the executive level, and taught art in various media. Her long marriage was a "harmonious adventure" despite the couple's treacherous journey through the health-care system. Her husband died in 2012.

Community Meetings

- **Powell School Board Meeting**
  Second Monday of the month
  @ 6 p.m. at the Central Office
  unless otherwise posted.

- **Powell Fiscal Court**
  Second Tuesday of the month
  @ 6:30 p.m.at the courthouse.

- **Stanton City Council**
  Second Thursday of the month
  @ 6:30 p.m.at the courthouse.

- **Clay City Council**
  Third Monday of the month
  at 7 p.m. at the Clay City Municipal Building.

Chapter 7

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We invite you to see how we're giving back to our community

Please join us:
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Sunday, February 16
3pm-6pm
meet our staff & tour our facility

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a happier you.
a solid you.
a reliable you.
a Renewed You.

Renewed You Clinic

225 Washington Street, Stanton
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Find us on: facebook

Men, there are two days you can't forget and one is Friday

MIKE REED
County Ag. Agent

A Happy Valentine's Day

If you are reading this on Thursday and you forgot about Valentine's Day, which is tomorrow, Friday, there is still time to make those last minute Valentine's Day purchases. There are a few dates on the calendar that men can forget and get away with. Valentine's Day and Anniversaries are NOT two of those days.

Valentine's Day history goes back all the way to 270 A.D. when the Emperor of Rome, Claudius issued a proclamation forbidding all marriage ceremonies because he believed that married men who needed to be with their families, made poor soldiers. A Bishop of the church named Valentine, secretly disagreed with the Emperor and invited young lovers to come to him to be married. When Claudius found out that Valentine was going against his edict and performing marriage ceremonies anyway, he had him captured and thrown in jail.

Tradition tells us that while Valentine was in prison, he corresponded with those in his parish. It is also believed that while in prison, the Bishop fell in love with the daughter of the jailer. Tradition tells us that his farewell message to her contained the closing "From Your Valentine". In February of the year 270, we read that Valentine was clubbed, stoned and beheaded. He was martyred for the cause of love! So much for happy endings!

Valentine's Day is big business with those who make candy, sell cards and sparkly jewelry. It's also a big week for Caribbean cruises, weddings and the purchase of flowers. Valentine's Day spending will reach $17.3 Billion this year, with the average consumer in America spending just over $133.91 on Valentine's Day purchases. The group spending the most will be those in the 44-55 age range. Approximately 180 million cards will be sent through the mail this week and more than 36 million heart shaped candy boxes will be exchanged. Valentine's Day is the fourth largest holiday of the year for candy following behind # 1-Halloween; #2 Easter and #3 Christmas.

Valentine's Day is big business for florists and greenhouses, especially those which produce roses, the flower or love. Consumers purchased an estimated 180 million roses during Valentine's Day week in 2012, with 74 per cent of rose purchases being made by men. Valentine's Day is the number one floral market holiday of the year, with 35 per cent of their total sales for the year coming in this week. Just ask any florist how tired they are the day after Valentine's Day. Tell your florist you appreciate them! What do you send your florist for Valentine's Day??? Be careful. They might shoot you if you send them flowers!

Take your Valentine out to dinner

The Powell County Livestock Producers Association wants to invite you and your "valentine" to a special Valentine's Day Dinner, on Friday, Feb. 14. In celebration of Valentines' Day (right on the day), the members of the Powell County Livestock Association will serve you with one of three steak selections, a salad, roll, baked potato and dessert for the price of $25 per couple. Seating times are for 5 p.m. and 6:30 p.m. at the new Powell County Extension Office Conference Room.

The purpose of this valentines dinner is to teach and demonstrate that beef is healthy for you and can be an integral part of your diet-even if you are dieting. Proceeds of this dinner will also be used toward the 2014 Powell County Livestock Producers Scholarships given later on this spring to local students.

To place your reservations for the Livestock Association's Valentine's Day dinner, contact the Powell County Extension Office at 663-6405.

Still waiting

Tobacco quota owners and growers who regularly count on receiving their Phase 1 tobacco settlement checks in late January will have to wait a few extra days this year. Normally this payment is made around the 23rd or 25th of January. This year, we are told, that payments will be made in February and October. On Monday I received an e-mail that told us that checks should be sent to your local bank by Feb. 15.

As a way to make our tenth and final payment, tobacco settlement checks will be broke down in two payments-one will be 95% of what you usually receive-deposited in your account in February.

The remaining 5% will be dropped into your account sometime in October 2014.

If you have changed your banking account information, please contact your FSA office to let them know of that change so that updated payments can be made in a timely manner.

Apple Tree Rootstock Orders

The Powell County Extension Service will coordinate with Estill, Breathitt, Wolfe and other counties in our area this winter and will be ordering apple and pear rootstocks again this year. If you want to propagate that favorite apple tree, grafting is one of the easiest ways to preserve that cultivar. To graft, you will need scion wood (terminal branch segments from last year's growth) and rootstock.

We typically order Malling7 (55% of standard size) and/or MM.111 (80% of standard) semidwarf apple rootstock and a pear rootstock. Please place your order by Feb. 10 at the Powell County Extension Office. The rootstocks usually arrive by the first week of March. Each rootstock will cost $1 each. For those who need help in learning how to graft that special apple tree, we will have a grafting workshop on Thursday, March 6th at 1:00 p.m. here at the Extension Office.

Payment should be made upon ordering. Make checks payable to the Powell County Ag Council. Contact the Extension Office at 663-6405 for details.

Spring Plant Orders

Spring is on the Way, thank goodness! The Powell County Extension Office will once again be holding a plant sale this spring for interested gardeners and farmers in Powell County. These plants should arrive around April 10. All orders must be placed by March 15.

Plants include: Strawberries-Earliglow and All Star varieties-$15/hundred; Blueberries-Blue Ray and Blue Jay-varieties-$6/plant; Blackberry plant-Triple Crown variety-$3/plant; Raspberry plants-Red (Lauren) & Black varieties-$2/plant; Asparagus-Jersey Knight variety-$1/plant; NEW FOR 2014-Candy Onions-$5/bundle of 60 plants! Candy onions are often difficult to find when you want to plant them in April. Contact the Extension Office to secure your order.

Mark Your Calendar

Have you even wanted to make homemade bread or homemade jams and jellies from your backyard berries and sell them at our Farmer's Market? If so, the first step in being able to do that is to attend a Home Micro-processing Workshop which will be offered here in Powell County on March 3.

This workshop will begin at 9:30 a.m. through 3:30 p.m. and will be held at the Powell County Extension Office conference room. Lunch will be provided. This is the first step in a series which includes recipe approval, verification of an approved water source and annual certification by the Kentucky Food and Safety Branch. Cost for this training will be $50 per person. Contact the Powell County Extension Office at 663-6405 for details.

WIC Wants You!

But before you or your children can be screened for WIC we need to see proof of:

Your Identity....

bring one of these for yourself and the person being screened

- √ **Driver's License**
- √ **Work or School ID**
- √ **Hospital Birth Record**
- √ **Birth Certificate**
- √ **Social Security Card**
- √ **Voter Registration Card**
- √ **Immunization Record**

Your Residence....

bring one of these:

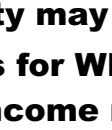
- √ **Current bill for electric, gas, telephone or cable**
- √ **Current lease or receipt**
- √ **Driver's license**

Your Household Income....

bring for all sources of income for all household members:

- √ **Food Stamp Letter**
- √ **Current Pay Stub**
- √ **W-2 forms**
- √ **Income tax forms for most recent year**
- √ **Unemployment letter/notice**
- √ **Check stub/award letter from Social Security**
- √ **Recent Leave and Earnings Statement (LES) for military**
- √ **Foster child placement/award letter**
- √ **Tax forms or accounting records for self-employeed**
- √**Copies of alimony or child support checks**
- √**Statement from person(s) that provide you money/resources.**

Remember....



- √ **If you or anyone that lives with you receives Medicaid, tell clinic staff Medicaid eligibility may meet the proof requirements for WIC**
- √ **Proof of household income must be provided if you have KCHIP III.**
- √ **Proof of identity and residence must be provided when you have Medicaid presumptive eligibility or BCCTP.**

*** If you do not have proof and cannot get proof, please let us know.**

Income Guidelines for the WIC Program
185% of Poverty
Effective April 2, 2013 through March 31, 2014

INCOME IS BEFORE TAXES

	Household Size								For each additional household member add:
	1	2	3	4	5	6	7	8	
Weekly	$409	$552	$695	$838	$981	$1,124	$1,267	$1,410	+$144
Bi-Weekly	$818	$1,104	$1,390	$1,676	$1,962	$2,248	$2,534	$2,820	+$287
Twice-Monthly	$886	$1,196	$1,506	$1,816	$2,126	$2,436	$2,745	$3,055	+$310
Monthly	$1,772	$2,392	$3,011	$3,631	$4,251	$4,871	$5,490	$6,110	+$620
Annual	$21,257	$28,694	$36,131	$43,568	$51,005	$58,442	$65,879	$73,316	+$7,437

Persons who receive Medicaid or Food Stamp benefits automatically meet the income requirements for the WIC Program.

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WIC-PR Rev. 8/2005

Working For YOU — Kentucky Public Health

Powell County Health Department
376 North Main Street
Stanton, KY 40380

Phone (606) 663-4360
Fax (606) 663-9790

Pirates split week's action: Beat Owsley, fall to Buckhorn

By GREG MCINTOSH
Times Sportswriter

Times Photos by James Cook
The Pirates found no easy shots against Buckhorn last Friday night. Junior Brad Smith tried an acrobatic move to the basket (left) and senior Caleb McCoy faced two Wildcat challengers under the boards. Despite a great comeback effort, Powell fell to Buckhorn in a squeaker, 79-78.

The Powell County Pirate basketball team has been gearing up for the final few weeks of the season, with two district games left to play. This past Tuesday the Pirates traveled to Booneville to face the Owsley County Owls. Powell defeated Owsley with ease earlier in the season in Stanton. This game would prove to be much closer.

Powell jumped out to a quick lead with a basket by Caleb McCoy. Owsley then scored the next six points to take a four point lead. Powell got baskets from Austin Mullins and Brett Goodwin to tie the score. Owsley added two buckets to retake the lead. The Pirates got a basket from McCoy and a dunk from Goodwin to tie the score. Bradley Cornett hit a three pointer to give the Pirates the lead, 13-10 at the end of the first quarter.

Goodwin scored the first seven points of the second quarter to bring the Pirate lead to ten. The two teams traded baskets until Owsley scored five straight to cut the lead in half. Powell got a three point play from Goodwin to take the lead to eight. The Pirates lead 28-20 at halftime. The second half would get much closer. Both teams had trouble scoring in the third quarter. The Owls managed only eight points and the Pirates struggled to score just six points. Powell led 34-28 after three quarters.

Owsley scored their first basket in the fourth quarter to cut the lead to four. Powell would go to the foul line time after time. Brad Smith and Goodwin each hit a free throw then Goodwin added two more free throws to give the Pirates a 38-30 lead.

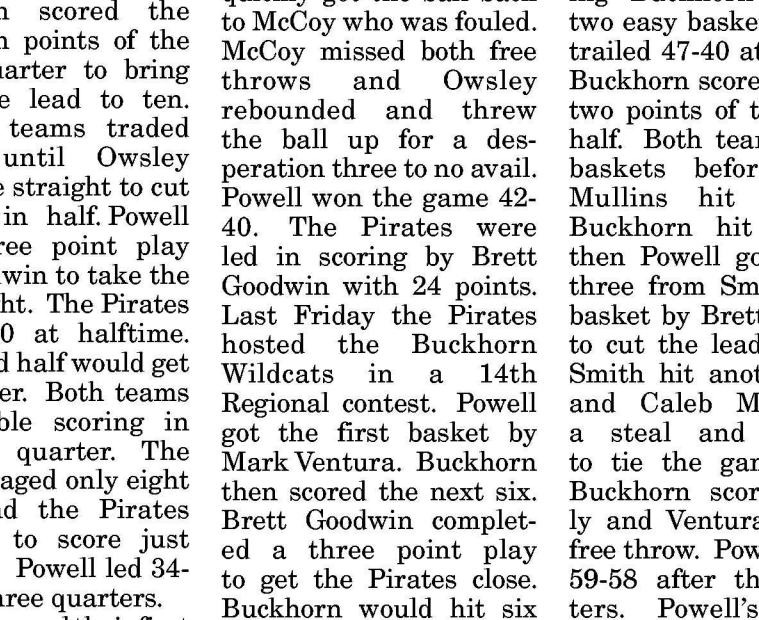
The Owls would score the next six points before Smith hit two free throws. After an Owsley basket, Goodwin hit two free throws. The Owls had the ball with 30 seconds to play trailing by four. Owsley passed the ball around and made the basket with only eight seconds to play. Powell tried to inbound the ball but the long pass hit the low Owsley ceiling. The Owls got the ball under their own goal.

Owsley tried to work the ball inside but McCoy tipped the pass away to Matt Brooks. Brooks quickly got the ball back to McCoy who was fouled. McCoy missed both free throws and Owsley rebounded and threw the ball up for a desperation three to no avail. Powell won the game 42-40. The Pirates were led in scoring by Brett Goodwin with 24 points. Last Friday the Pirates hosted the Buckhorn Wildcats in a 14th Regional contest. Powell got the first basket by Mark Ventura. Buckhorn then scored the next six. Brett Goodwin completed a three point play to get the Pirates close. Buckhorn would hit six three pointers in the quarter on the way to a 30-17 lead with a minute and a half to play in the quarter.

Goodwin again got a three point play and McCoy scored a basket for Powell to bring the score to 31-22 at the end of the first quarter.

Powell would continue to come back into the second quarter. The Pirates still trailed by ten. Brad Smith hit a three and Goodwin hit two free throws to bring the game closer. Ventura hit a wide open layup to bring the Pirates within four. Buckhorn added two baskets to bring the lead back to eight. Tyler Carter hit an open layup and Smith hit another three pointer to bring the score to 43-40, Buckhorn leading. Powell's defense would faulter in the final minute of the quarter allowing Buckhorn to score two easy baskets. Powell trailed 47-40 at halftime. Buckhorn scored the first two points of the second half. Both teams traded baskets before Austin Mullins hit a three. Buckhorn hit a layup then Powell got another three from Smith and a basket by Brett Goodwin to cut the lead to three. Smith hit another three and Caleb McCoy got a steal and a layup to tie the game at 57. Buckhorn scored quickly and Ventura added a free throw. Powell trailed 59-58 after three quarters. Powell's Bradley Cornett hit a three pointer to start the fourth quarter to give Powell their first lead since the opening basket. Cornett got a steal and an assist on a Smith layup to give Powell a four point lead. Buckhorn hit another three to cut the lead to one.

From then on it was back and forth in the game with both teams exchanging the lead. Powell led 71-69 after a Smith basket. Buckhorn scored two quick buckets to take a two point lead. Buckhorn continued to score easily with two more baskets to take a 77-72 lead. Powell got two free throws from Smith and one from Goodwin to bring the game to within two. Buckhorn got an easy layup to bring the lead back to four. Brett Goodwin hit a three with .4 seconds remaining. Buckhorn inbounded the ball and the game was over. Powell lost to Buckhorn 79-78. The Pirates were led in scoring by Brad Smith with 24 points, Brett Goodwin added 24 points, and Austin Mullins scored 17 points. Powell now stands at 9-13 overall for the season and 4-1 in district play with one game remaining. The Pirates were scheduled to play Breathitt County on the road on Tuesday. Powell travels to Estill County on Thursday. The Pirates host Magoffin County on Saturday at 2:30 p.m.



Senior Day/Night • Saturday, Feb. 15

11 a.m. Freshman Pirates (boys) vs. Breathitt County

1 p.m. JV Pirates vs. Magoffin County
3 p.m. Pirates vs. Magoffin County
Between games Senior Night Ceremony for Pirates and Cheerleaders

5:30 p.m. Lady Pirates JV vs. Western Hills
7:30 p.m. Lady Pirates vs. Western Hills
Between games Senior Night Ceremony for Lady Pirates and Band
At halftime of the varsity game the 2014 Girls Basketball Hall of Fame Inductees will be announced.

*CONDITIONS FOR THE MAX YOUR TAX REFUND PROGRAM: The Max Your Tax Refund program ("Program") is only available from a participating Clayton Homes Family of Brands retailer ("Seller") for the purchase of a new home with the sales agreement that is signed January 1, 2014 through March 31, 2014. Buyer may select one or more buyer incentives totaling 5% of the posted home only retail sales price of the home purchased, up to a maximum of $8,000 (the "Incentive"). Actual value of buyer Incentive will vary based on the price of the home purchased, actual total value of buyer Incentive not to exceed $8,000. Buyer Incentive will be applied by the Seller, at buyer's choice, to one, or any combination of two or three, of the following three forms: (i) a VISA© prepaid debit card; (ii) Seller paid closing cost or a Seller paid interest rate buy down; or (iii) a buyer Incentive be applied toward buyer's down payment if buyer obtained financing for the home purchase from any lender of buyer's choice. Buyer will be solely responsible for paying the entire amount of any down payment. If buyer selects the Visa© debit card, buyer will be subject to all terms and conditions set forth on the card, including the expiration date, and also to all terms and conditions set forth in the issuer's cardholder agreement .The VISA debit card will be issued in the name of the primary buyer by MetaBank pursuant to a license from VISA U.S.A. Seller will deliver the VISA debit card to buyer either in person or by mail within 4-6 weeks after the home purchase has been completed and all conditions of the sale have been satisfied. Buyer may not combine the Program with any other offer or promotion made by Seller, including without limitation the "Steal" new home sales program. The Program may not be available with USDA/FHA/VA financing, and may be subject to certain lender requirements that restrict the forms of buyer incentives that Seller can provide. The Program is void where prohibited, but only to the extent of prohibited.

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